

## Local Author Publishes Inspirational Book on How to Grow Resilience and Happier Living

*Facing Mental Health Struggles Amidst the Pandemic*



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*Life is like an Etch a Sketch. You are in control of the creation, so if you are not happy with it, shake it up and try again.*

Jill

**Dundee, OR— Book Released June 18, 2022** — With the Pandemic becoming a mental health crisis for many, this newly released book details Jill’s personal story from breakdown to breakthrough after being hospitalized and diagnosed with a mental health condition. She offers readers tips and tools to help them through their own struggles and shares vulnerable personal stories with the hopes of normalizing talking about mental health.

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**Self-care and mental health care are two strong pillars in what allows our lives to work well... Our brains are an important part of our body and deserve no less care than other parts.**

Many hit a wall during the Pandemic, and even now in the aftermath, there are feelings of being stuck or frustrated with life. Juggling everything in life and facing hardships takes a toll on our mental health. This book advocates that we normalize talking about, and seeking help, and finding resources for our mental health just as much as our physical health.



If you have come to a point of breakdown, a grey area, a loop in life, or simply a point where you feel you want something better for yourself—you are not alone. This is not the end of your story; it is just a chapter, a page, or a short sentence in it. You determine where your story leads.

Having experienced the devastation of suicide with close members of her family and seeing others struggle with common mental health issues, Jill understands how important mental wellness is. She knows how often people don't talk about it for fear of judgment or feelings of shame and shares her story to let others know they are not alone and that seeking resources or help is okay.



In a bad situation, you have three choices: you can let it define you, destroy you, or you can let it strengthen you.

Diagnosis or not, this is a valuable read for anyone who wants to identify what is holding them back from thriving in life. There are common areas of life that many struggle with - too often in silence. This book outlines how to focus on decluttering life of the habits, people, things, unhelpful thoughts, experiences, past hurt, and priorities that get in the way of wellness and joy-filled living.



Consider if you see your days as a time of growth and opportunity, or do you focus on the limitations, obstacles, and things you can't control.

Along with her personal story, Jill offers “growth tools” to help readers stand up to the “bullies in their brain” in order overcome life’s roadblocks and detours. The resources included in this book help readers discover a path to a more joy-filled and successful life focused on wellness. The book’s main areas of focus include:

- Personal Development
- Relationships
- Conflict Resolution
- Authentic Living
- Positive Thinking
- Self-Care
- Emotional Management
- Growth Mindset
- Toxic Relationships
- Compassionate Communication
- Community Building
- Self-Improvement
- Raising Future Adults
- Mental Health Tips & Tools
- Successful Choices

## Book Released In Honor of Author's Father

First-time author Jill (VanderZanden) Bilka released her new book, *Grow Through What You Go Through: How to Plant Seeds for Personal Growth* in June of 2022. She chose to release the book on Father's Day weekend and published it with her maiden name in honor of her father who passed away suddenly from brain cancer while she was in the middle of writing this book.

## Book Buzz

Readers have already started to give some great [feedback](#) on the benefits of this book in the short 6 months since it was published! Jill has been [spotlighted in the local news](#), her book has been purchased for work teams that span from Alaska to Oklahoma and along the Gulf Coast, she has spoken for regional groups, and will be speaking at a local professional networking meeting in January on the topic of "[How to Plant Seeds for Resilience & Happier Living!](#)". Her book has been purchased in the United States and the United Kingdom.

## Book Availability

Currently, the book can be purchased through [Amazon](#) in both ebook and paperback formats and signed copies can be purchased directly through the [author's website](#) or at author meet and greet events.

## For More Information:

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## About the Author



Jill is an outdoor loving, community supporting, craft beer drinking, business owner, and Mom of three that thrives on making a difference in her community. She is passionate about mental health awareness, advocating for local trails, and building community to help with overall wellness.

Jill thrives on making a difference in her community and the lives of others. She has a degree in psychology, a working background in youth and family services and communication, as well as training in conflict resolution and leadership.

**For more information on the book and author, see author's website**

**<http://www.JillWithaFlower.com>**