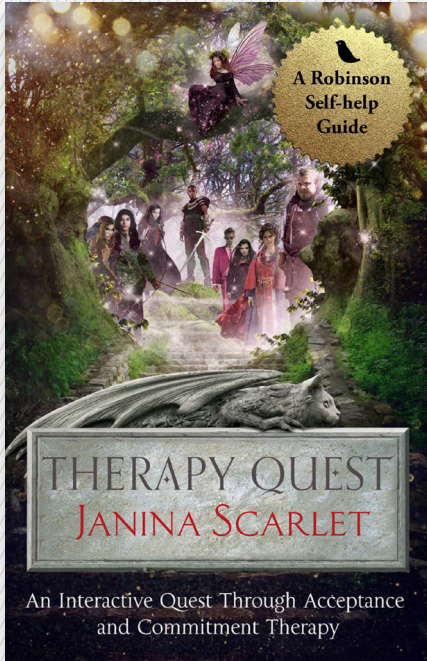


NEW
BOOK

WARNING: This Fantasy Book May Change Your Reality

PSYCHOLOGIST LAUNCHES REVOLUTIONARY SELF-HELP BOOK, COMBINING PRACTICAL THERAPY WITH AN INTERACTIVE FANTASY QUEST



Good books allow us to escape from our own reality to make strong emotional connections with fictional characters. The power of this escapism and empathy is something championed by clinical psychologist Dr Janina Scarlet in her research-supported therapy, which is transforming her patients' lives.

In her ground-breaking new book, Dr Janina Scarlet takes a unique approach to self-help. *Therapy Quest* is an interactive fantasy adventure novel that immerses the reader in a fantasy world where they are at the centre of the story.

Through the exciting adventure, the reader's choices can earn or lose Courage, Wisdom and Inner Strength points. Each choice on the journey is based on a real psychological therapy that the reader can apply to cope with real-life situations, such as managing anxiety, depression or other difficult experiences.

Psychologist, Refugee and Radiation Survivor

The author, Dr Janina Scarlet came to America as a refugee when she was twelve years old. Her family had escaped from Ukraine where they had suffered persecution for their Jewish heritage and radiation poisoning from Chernobyl nuclear power plant. It was coming to America which introduced Janina to

superheroes – she saw how they had suffered tragedies but came out as survivors who used their powers for good. It was then that Janina decided to be a survivor and dedicate her life to helping others, she got a PhD and became a Licensed Clinical Psychologist.

Book Therapy

For people who are reluctant to go to therapy, or are sceptical about self-help books, *Therapy Quest* offers a different option. It offers a form of escapism, transporting the reader out of their room into the land of 'Here'.

The adventure brings new friends who are each going through their own struggles as you quest together to learn how to cope with difficult experiences, from a Minotaur's struggle to come to terms with his wife's terminal illness – to a Vampire with an eating disorder. Together you must support each other, and challenge your own inner demons, if you have any hope of challenging the sorceress Mallena.

Therapy Quest is unlike any fantasy novel or self-help book you have read before, it will challenge you – but at the end this fantasy will have taken you on a very real journey.

Therapy Quest: An Interactive Journey Through Acceptance And Commitment Therapy by Dr Janina Scarlet is out now and at priced £9.99.

ABOUT THE AUTHOR

Dr Janina Scarlet is a Licensed Clinical Psychologist who works to help treat mental illnesses through Superhero Therapy. This unique form takes evidence based therapies and integrates characters from geek culture, including fantasy, science fiction, video games and comic books.

After surviving Chernobyl radiation and anti-Semitic persecution in Ukraine, Janina moved to the United States as a refugee at age 12. It was there that she fell in love with superheroes, they were also survived radiation and used their abilities to help others – they weren't victims, but survivors. Janina has dedicated her life to helping others, she has written multiple self-help books, spoken at conferences and regularly works with patients suffering from anxiety, depression and PTSD.

EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE:



Dr Janina Scarlet

Dr Janina Scarlet is a Licensed Clinical Psychologist who works to treat mental illness with research-supported Superhero Therapy. She is available to provide expert comment, interviews and by-lined articles on a number of topics, including:

My Story, from Superhero Psychologist, Radiation Survivor and Refugee

Your Mental Monsters: How to tackle your inner demons

How Superheroes Helped Me Overcome PTSD

7 Superheroes who suffer from mental illnesses

Which Superhero Are You? How to find Your Superpower!

5 Ways to zap PTSD

How to embrace your inner Wonder Woman

8 ways to make your confidence a superpower