

Author Biography

Caroline Purvey

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Short Author Feature Box

Caroline Purvey is an award-winning change maker and author. Voted in the top 10 of 100 women to watch in well-being. A visionary who is passionate about educating and empowering people to transform their lives as she inspires with her 5 Step programme how simple it can be to take back control of their own well-being. By physically releasing debilitating symptoms from stress and trauma where often medication and talking has failed lives are being transformed.

Caroline is a driving force, passionately sharing, the Total Release Experience® globally. Building a team of Practitioners, Caroline clients include Prison inmates, Police and the Fire and Rescue Service. www.treuk.com

Book Synopsis

'TRE UK® has developed a programme to a high standard which is not seen anywhere else in Europe. Having worked with TRE UK® now for many years, I have seen the benefits of their work and the release and relief this can give to clients suffering the debilitating effects from PTSD.'

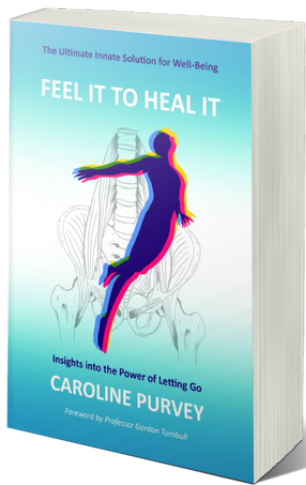
Mandy Bostwick MSc, MA, MBACP, ISSTD – Specialist Trauma Psychotherapist



Advance Information Sheet

Feel It to Heal It

by Caroline Purvey



Feel It to Heal It By Caroline Purvey

ISBN: 978-1-913770-00-6
Price: £14.99

Release Date: 28th October
2020

Format: paperback
Size: 229 x 152 x 12 mm
212 pages

Category:
Trauma & shock (MMKB)
Complementary therapies,
healing & health (VXH)
Coping with stress (VFJS)
Therapy & therapeutics
(MMZ)

Available on Amazon, online
& in all good book shops,
and as an audiobook and
eBook.

Caroline Purvey MA (Ed) is a passionate, transformational leader, and a highly experienced independent Practitioner, who has evolved the programme offered by TRE UK® following profound experiences with clients worldwide. She is continually driven by the results of those that have learned the Total Release Experience®. Privileged to have discovered the many mysteries of the body to heal itself with a simple, empowering, primitive practice, she was inspired to share many of the stories.

'They are powerful and inspiring. They are not mine to sit on. The time has come to encourage the world to change their mindset, find hope, and break the chains for their children.'

About the Author:

Caroline Purvey's life journey has led her to embark on a mission and share her passion, leading those suffering physically, mentally and emotionally to find a new freedom from the pain of their past, Caroline's work evolved through experience and she is now the expert in her particular field, combining her unique skills and experiences from business, teaching and therapy. She is driven to reach out globally with her message, that the answer to real inner peace and freedom from pain is inside us all.

Key Sales Points:

- Caroline trained as a TRE practitioner with Dr David Berceli in South Africa in 2011. She returned to the UK to promote and share TRE, where it was then unheard of, and founded TRE UK®.
- In 2019, Caroline was voted as one of the Top Ten women to watch in well-being in About Time magazine.
- Caroline's book is full of real-life case studies of clients who have experience the Trauma Release Experience.
- Caroline is the co-author of No 1 international best-selling books Notes to My Younger Self and The Law of Brand Attraction.

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PRESS RELEASE – for immediate release

Caroline Purvey

A NON-TALKING INNATE SOLUTION FOR MENTAL HEALTH



Mental health, obesity and addiction are all spiralling out of control, and each of these can arise from one cause: stress. By ignoring stress, we are slowly killing ourselves.

With many now suffering from stress, anxiety, depression, and PTSD, Caroline Purvey of Dover, Kent, has the ultimate innate solution to bring people back from the brink.

Caroline raises awareness to the fact we are all overflowing “stress buckets” and if these are not emptied regularly, they will explode, ultimately leading to physical and emotional breakdown.

An award-winning transformational leader, Caroline is the only UK expert in the Total Release Experience® (TRE). Her unique non-talking, empowering five-step programme helps those suffering physically, mentally, and emotionally to find their inner peace and new freedom from the pain of their past. Within the last year, Caroline was voted one of the UK’s Top 10 Women to Watch in Well-being.

With so much heightened anxiety on the rise due to the current pandemic, Caroline believes the programme will be valuable to so many, particularly those in the emergency services, prisoners, and our vulnerable students, with whom she has proven success. Caroline’s global vision is to make the TRE accessible for all, so she has created an online programme.

Caroline is now sharing her journey and experiences in her new book, *Feel It to Heal It*, which features case studies of many of those she has helped. The foreword of Caroline’s book has been written by trauma specialist and clinical psychiatrist Professor Gordon Turnbull, one of the world’s leading experts in PTSD. Caroline says of the case studies, “They are powerful and inspiring. They are not mine to sit on. The time has come to encourage the world to change their mindset, find hope, and break the chains for their children.”

One of those who has benefited from her work is repeated offender Marcus. Marcus had a tough childhood from repeated trauma which continued into adulthood. He felt he had nothing to live for, but after learning the TRE in prison from Caroline, he realised “I am a Diamond – I had just lost my shine and was now getting a polish.”

One Kent firefighter described the experience as “a tool that would save a lot of people such as myself, who endured a career of mental injuries that never manifest themselves until it’s too late.”

When you learn to release past stress, overwhelm or trauma, you will begin to transform your life; gain hope for the future; and be empowered to take control of your own well-being.

The Total Release Experience® is the new antidote for all to shine, taking them from stress to ultimate well-being.

ENDS
Caroline is available for interview: please contact Book Brilliance Publishing. *Feel It to Heal It* by Caroline Purvey, published by Book Brilliance Publishing, out 28th October 2020, £14.99, ISBN 978-1-913770-00-6

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