

LIZ KELLY

PSYCHOTHERAPIST, WRITER

lizkellymsw.com



About Liz Kelly

Liz Kelly, LICSW, is a psychotherapist, clinical social worker and writer living outside Washington, D.C. She specializes in helping busy people create meaning, reduce stress and live more intentionally. Liz also works with individuals contending with grief, loss and other life transitions. Her nonjudgmental, compassionate, humorous and down-to-earth style helps clients grow from their experiences and create positive change in their lives. In her debut book *This Book Is Cheaper Than Therapy: A Non-Nonsense Guide to Improving Your Mental Health*, Liz brings the therapy office to readers, giving them strategies to improve their mental health without breaking the bank.

Why Liz Kelly?

- Liz's work has been featured in Teen Vogue, The Wall Street Journal, USA Today, Bustle, Refinery29 and Todayshow.com, among other major news outlets.
- Liz understands that therapy isn't a "one size fits all" approach. Instead, she tailors each experience according to her clients' needs, utilizing therapeutic approaches including cognitive behavioral therapy, acceptance and commitment therapy, mindfulness, grief theory, motivational interviewing and behavioral modification.
- Liz moved to D.C. with the goal of working in public policy or international relations, but after facing her own grief and depression, she learned the value of therapy and has been helping others ever since.
- Imagine if Tina Fey were your best friend and next-door neighbor who happened to be an experienced therapist—this is Liz. Down-to-earth, approachable, helpful and very funny.

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Bustle

THIS BOOK IS CHEAPER THAN THERAPY

A NO-NONSENSE GUIDE TO IMPROVING YOUR MENTAL HEALTH

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THIS BOOK IS CHEAPER THAN THERAPY

A No-Nonsense Guide to Improving Your Mental Health

LIZ KELLY, LICSW

About This Book Is Cheaper Than Therapy

Finding a good therapist is hard. Finding a good therapist you vibe with—and who won't break the bank—is even harder. In *This Book Is Cheaper Than Therapy: A No-Nonsense Guide to Improving Your Mental Health*, seasoned therapist Liz Kelly brings the therapy office to you. So even if money is tight, your insurance doesn't cover therapy, you can't find quality practitioners in your area, or you've been stuck on a therapist's waitlist for months, you can still feel better now.

With her cheeky humor, undeniable wit and perfectly timed f-bombs, Liz has a talent for explaining complex mental health concepts in a way you can understand and can put into practice immediately. And don't worry—at no point in this book will you ever hear the phrase "healing journey," "your truth," or any other over-used therapy platitudes.

Why This Book Is Cheaper Than Therapy

- In *This Book Is Cheaper Than Therapy*, readers will learn how to: practice real self-care when life feels overwhelming, quiet and tame the inner critic, manage all the feels, set boundaries and master the art of saying no, maintain healthy relationships and cope with the pain of grief and loss.
- Liz understands the act of reading self-help books doesn't always translate into real-life action. In the book, she shares personal experiences as well as expertise from more than 13 years as a practitioner, providing questions at the end of each chapter to allow for self-reflection and next steps.
- While insurance plans have become more therapy-friendly in the last few years, many plans still don't offer coverage for mental health services. *This Book Is Cheaper Than Therapy* gives anyone an opportunity to learn more about themselves and therapeutic practices that could help them even if they are uninsured or don't have a plan that covers therapy.
- Disappointed that she couldn't accommodate all the client referrals she received per month, Liz wrote this book as an accessible resource that would allow anyone to start improving their life today regardless of long therapy waitlists.

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Suggested Interview Questions:

- You did not originally plan to be a therapist. How did you land in this field?
- What are some of the major obstacles people face when considering therapy? How does *This Book Is Cheaper Than Therapy* help them overcome those obstacles?
- You begin the book by talking about self-care. What is self-care, and why is it foundational for someone starting therapy?
- Since the pandemic, our country has been in a bit of a mental health crisis. Why is that? How have you seen this in your own practice and community?
- In the book, you tackle the main pillars of mental health. What are they and why are these areas of our lives so foundational to our health and happiness?
- What's the best way to approach and work through your book for someone hoping to learn more about themselves and better their mental health?
- What types of therapeutic approaches do you use in the book and in your practice and why?
- Who did you write this book for and how do you hope they will feel after reading it?
- What advice would you give someone who needs therapy but can't afford it right now?
- In the book, you talk about the difference between seeking happiness and seeking meaning. What is that difference and why is it significant?



"Liz Kelly's *Cheaper Than Therapy* is an engaging and accessible new book helping bridge the gap between people's mental health needs and the prospect of engaging direct (often hard-to-find and/or expensive) psychotherapy services. With wit and wisdom, Liz guides people toward not only a better understanding of mental health services, but also gives them a sampling of techniques readers can find beneficial before ever stepping in a therapist's office."



Mitch Abblett, PhD, Private Practice Psychologist and Author of *Nautilus Gold* Medal Award-Winning *Prizeworthy*, as well as *The Five Hurdles to Happiness*

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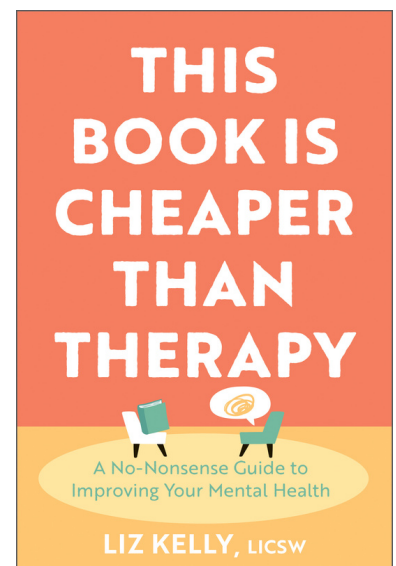
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Suggested Interview Topics:

- Can't afford therapy? Read this book as a first step.
- Get Off the Therapy Waitlist and Get Help Now
- The Mind-Body Connection: You Can't Help One Without Helping the Other
- Quiet Your Inner Critic: Identifying, Challenging and Living Beyond It
- Therapy Is Serious Business, But This Therapist Uses Humor to Help Her Clients
- The Importance of Mental Health in a Post-Pandemic World
- How to Regulate Your Emotions When You Feel Out of Control
- "Boundaries Are Sexy:" How to Set Them and Keep Them
- People Need People: How to Find the Good Ones
- Grief: Dealing with loss and navigating grief
- Identifying Your Values: A Happy Life Is a Meaningful Life
- "Self-Care Is Selfish" and Other Myths You've Believed



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