



Can Spirituality Increase Mental Health?

Mental Health Is Essential To Everyone's Overall Health And Well-Being, And Mental Illnesses Are Common And Treatable.

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Fort Lauderdale, FL - May 12, 2019 - In her newest book, *Thank You For The Ice Cream*, Mari Benning talks about the harsh reality of her unhealthy state of mind, and how she had to deal with this issue in order to live an authentically happy life. She shares how the power of thankfulness can break one free from an oppressive mental state even when enclosed by misfortune. Although Mari portrayed herself as an outgoing, funny, lovable, inspiring and entertaining person she suppressed the fact that there was something below the surface causing her anger, resentment, battles of depression and unhappiness. Shame and self-denial led her to hide these issues for years. What started off as a teaching moment for Mari's youngest daughter, ended up becoming a major life-altering lesson for mom.

“Thank You For The Ice Cream”, will empower the reader to break free from tyranny into new realms of thinking, self-worth and accomplishment. This book is bursting with inspiration and power-packed revelation conceived from a deep soul-searching encounter that shifted the author's world and revolutionized her quality of life.

Mari began her love of writing in elementary school where she expressed herself through journaling, poems, short stories, and songwriting, a gift encouraged by her mother. This soon came to a halt when her works were no longer viewed as a release of creative expression, but a heap of condemning confessions; she vowed to never again compose another intimate sentence. After two decades, Mari's love for writing was resurrected from the ashes lying dormant within her creativity. Destiny came knocking and the passion that once fueled her heart for writing reemerged like a consuming *FIRE*.

You'll be captivated by her transparency as she shares personal heart-wrenching stories along with embarrassing, and comical accounts of how she was able to break free of these invisible chains and find happiness even in the midst of chaos.

- **More** -

What others are saying:

“Mari explains the interrelationship with thoughts, emotions and behavior. She describes the concepts of a well-known, evidenced based, therapeutic approach; Cognitive Behavior therapy, also known as CBT. I invite you on this journey of soul searching through this read. It compels one to take a look at the power of Thankfulness and how it’s can improve one’s mood.”

Rebeca Davies, LCSW
Licensed Clinical Social Worker

“I knew right away from the Preface that I would love this book. Not only because I totally relate to the author’s stories (yes, we learn so much about ourselves when we scold our kids!) but because of her humble and authentic way of telling her stories. I immediately trusted her and despite being skeptical, I opened my heart to her message. I am so glad I invested time to read this! It was such an easy read. I loved following her through her life journey. And I also loved her invitation at the end of every chapter. After reflecting on what I read, I wonder if there is truly anyone who can’t relate to her stories and feelings, if we are honest with ourselves. This author has truly written a message that all of us should hear. I highly recommend it and hope to read more from her!”

Nicole Steiman
www.artstarters.net

“I enjoyed reading this book, not only for the content, but also because I felt Mari was talking directly to me. Her writing style is personal, and I can relate easily to her message. As a matter of fact, I received some pretty deep insights about my own life as I was reading. Thank you, Mari, for this thought-provoking book.”

Nancy Fairbrother
Consultant, Psychotherapist

This savvy businesswoman has released a music CD and six published books to her credit. She is also the proud recipient of the Newsome Award for Best Female Vocalist.

Thank You For The Ice Cream is available at these locations;

[Amazon.com](https://www.amazon.com) / [Barnes & Nobles](https://www.barnesandnoble.com)

More info and events can be found on her website: <https://www.maribenning.com> .

Mari is available for media interviews and can be reached via email at iamvirtuosa@gmail.com.

Follow on Twitter: [@iamvirtuosa](https://twitter.com/iamvirtuosa)

Facebook: [@coachmaribenning](https://www.facebook.com/coachmaribenning)

Member of the Nonfiction Authors Association and the National Association of Professional Women.

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Mari Benning is a courageously prolific, and principled leader whose purpose is to help people break out of crystallized thinking. As a thought-provoking author, teacher, dynamic speaker and inspirational songwriter she induces people to encounter spiritual enlightenment. She continues to volunteer at her local church and is also the founder of *Virtueosity*, a Coaching company geared towards empowering women.