

Local author launches her second book

Carole Staveley of Woodbridge has written her second book, aimed at empowering individuals to take control of their health challenges.

After conquering her own 13-year battle with chronic pain, Staveley completed an ironman triathlon in 2013, a story she recounts in her first, self-published book titled *Not Lying Down: How I Conquered Years of Pain to Triumph at the Finish Line*. She's determined to share her insights with others, so that they can suffer less and achieve more in life.

Staveley's new book, *Conquer Your Pain in 9 Steps* (Influence Publishing), empowers readers to develop a self-advocacy mindset, guides them through effectively leveraging health resources and inspires them to persevere in order to reap the rewards of a healthier and more fulfilling life. With a May 1, launch date, this corresponds to the national Authors for Indies day happening May 2 at independent bookstores across the country, including Forsters' Book Garden in Bolton. Staveley will be at Forsters' (266 Queen St. South) between 1 and 4 p.m. May 2 for those who would like to meet her and learn more about her new book or her recommended reads.