



# Press Release

Feb. 7, 2022 - FOR IMMEDIATE RELEASE

## New Book “Feeling Normal Again” Provides Emotional Healing for a Post-Pandemic World

People everywhere are struggling to feel normal after a nearly two-year pandemic. **Stephen Kristof’s new book, FEELING NORMAL AGAIN, is an extremely timely solution that promotes post-pandemic healing.**

During a recent press briefing, U.S. President Joe Biden acknowledged that, due to the pandemic, the world has never been in such a confused state. He focused on a goal to get people back to normality. **Feeling Normal Again is a book that provides answers to what have become very common global questions; why does life feel so ‘off’ and how can we feel normal again?**

As we reel from the fallout of yet another variant, Omicron, most epidemiologists and infectious disease experts believe that the pandemic will end in 2022. Then what? Our world has changed dramatically during the past two years and we have changed along with it.

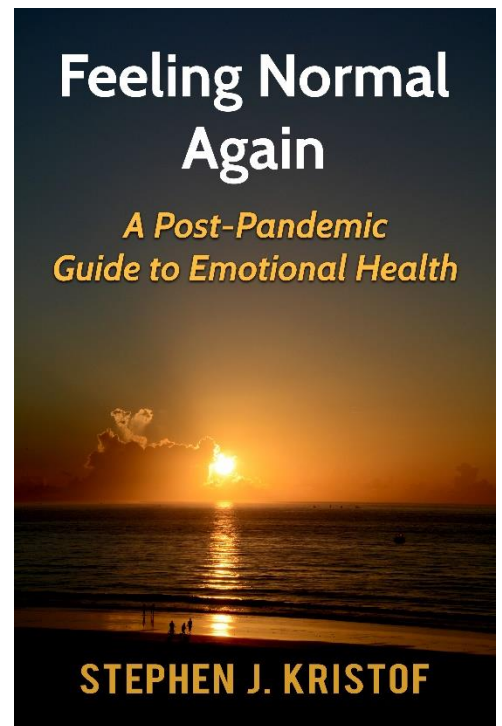
Kristof’s book does an exceptional job of explaining specifically *why* we feel the way we do and identifies many of the top impacts, such as anxiety, malaise, depression, social isolation, grief, sleep disorders, fatigue, broken relationships and loss of hope. Feeling Normal Again keeps its promise, providing over 50 easy-to-use strategies and tools to help the reader start healing, living life more fully and returning to normality. Covid-19 has stolen a lot from us. Feeling Normal Again is a meaningful and easy-to-read response.

This valuable book takes-on some weighty sub-themes, including the growing social and political rift that’s been accelerated by Covid. Feeling Normal Again leaves readers with a powerful message about the role of faith in healing, supported by a story about a world-class gold medal Paralympian’s near-death struggle and her miraculous recovery. Readers will feel remarkably uplifted and hopeful as the book ends with a substantial and much-needed dose of positivity. This must-read book is available in paperback and e-book on [Amazon](#).

Email the author directly for further information or to request a media interview:  
[contact@stephenkristof.com](mailto:contact@stephenkristof.com)

*\*Broadcast or podcast media interviews can be done remotely over phone or videoconferencing.*

*\*\*Print and web journalists wishing to publish a more in-depth article may contact Stephen and/or use excerpts from the story conveniently provided on the following page.*





# Ready to Publish Article

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\*Use of any of this content on the **web** requires publication of the following sentence with the embedded link: **Feeling Normal Again is available in paperback and e-book on [Amazon](#).**

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**Feeling Normal Again is available in paperback and e-book on Amazon; search “b09myr8fws”.**

## New Book Tackles Covid Fallout

It may be hard to fathom, but we’ve lived under a cloud of uncertainty and angst from the Covid-19 pandemic for nearly two years. Back in March, 2020, who would have imagined that we’d still be reeling from it today? Since then, the world has changed a lot and we’ve changed along with it.

U.S. President Joe Biden said during a press briefing on November 6, 2021 that, due to this pandemic, the world has never before been in such a confused state. He was focused on a goal to get people back to a sense of normality. Like a thief, this pandemic has stolen a great deal from all of us; it’s probably taken much more than we realize.

Global rates of emotional distress resulting from the pandemic have skyrocketed and people everywhere are longing to feel normal again. However, many people have no idea what is causing them to feel emotionally battered or how to begin healing. Equally distressing is the fact that, after several successive waves of the pandemic and its various lockdowns, restrictions and disappointments, many people have lost hope. Many of us have reluctantly accepted that we’ve been sentenced to a “new normal” that’s just a shell of the robust and happy lives we once enjoyed.

An extremely timely and important new book, [Feeling Normal Again](#), provides answers, healing and hope in the wake of this very difficult period of human history. Author, Stephen Kristof, wants people to understand why they feel the way they do, how the pandemic has impacted them and how to begin healing.

When asked about his inspiration to write [Feeling Normal Again](#), Kristof said, “In mid-2021, I began to recognize a pattern during conversations with friends and colleagues. So many people from different backgrounds were talking about how they just wanted life to feel normal again. After doing some research, I found that this has become a global experience.”

Kristof went to work, doing further in-depth research and interviews to get a handle on exactly how this seemingly endless pandemic has impacted people in terms of the emotional, social and even political aspects. He said, “I was surprised at the extent to which our emotions have been battered. I found that people everywhere are struggling with increased anxiety, malaise, depression, social isolation, grief, sleep disorders, fatigue and broken relationships. No wonder our world seems so strange and on-edge.”

Most epidemiologists and infectious disease experts believe that the pandemic will end in 2022. We may already be seeing the beginning of the end as a huge swath of our population is having its dance with Omicron, which many medical experts suggest is a milder variant. However, as the disease loosens its grip, the emotional damage may not simply disappear.

This is where [Feeling Normal Again](#) comes into view as a meaningful and timely guidebook. The book keeps its promise, providing over 50 easy-to-use strategies and tools to help the reader start healing, living life more fully and returning to normality.

While providing so much help, Kristof's book also takes-on some weighty subjects, including the social and political divisiveness that have been further intensified by Covid, along with some sober advice about controlling its spread.

Readers will feel particularly uplifted and hopeful as the book ends with much-needed positivity. It delivers a powerful message about the role of faith in healing, supported by a story about a world-class gold medal Paralympian's miraculous recovery from a near-death struggle. When asked about the future, Kristof said, "Covid will not have the last word. We owe it to ourselves be resilient, to put a priority on our personal healing, to be stubbornly hopeful and to have faith in God."

Feeling Normal Again is a must-read book for the times! It's available in paperback and e-book on [Amazon](#); search for b09myr8fws.