

**FOR IMMEDIATE RELEASE:**

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A Ladder In The Dark: My journey from bullying to self-acceptance  
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## **New Biography Looks at the Long-term Effects of Bullying**

**Fairfax, Virginia, USA, June 19, 2015** — New statistics show that the effects of youth bullying last well into the life of adults and Alan Eisenberg's new biography, ***"A Ladder In The Dark: My journey from bullying to self-acceptance"*** tells his story of how a youth of constant bullying led to adult anxiety and depression.

Alan has been sharing his knowledge on the subject of the long-term effects of bullying on his website, "Bullying Stories", since 2007. He now brings his personal story of how the bullying he experienced during his youth from the ages of 7 to 13, led to anger, anxiety, and depression problems as an adult and how he sought the help needed to deal with and accept the past of his youth. During "A Ladder In The Dark", Alan shares the Complex Post Traumatic Stress Disorder (C-PTSD) he suffered after the bullying and how he tried to suppress these memories unsuccessfully, only to be haunted by them in his adult years.

"I wrote this book to help share with others that they are not alone in the suffering that bullying survivors deal with, but also to share my story, so that others might find solutions in how I dealt with my recovery." Mr. Eisenberg shares, "I think it is time to bring this mental health issue to the forefront to help people understand that they are not alone."

"A Ladder In The Dark" is Alan Eisenberg's debut novel and is available through Amazon and most online and retail outlets. Alan is the founder and managing director of Bullying Recovery, LLC, whose mission is to help those who suffer from the long-term effects of bullying or C-PTSD by giving them links to the resources they so desperately need to recover. The book is available through Amazon and all other retail outlets.

Alan Eisenberg is available for media interviews, book group discussions, school anti-bullying assemblies, and author events. Contact us at [pr@bullyingrecovery.org](mailto:pr@bullyingrecovery.org) or at 703-975-9220 to schedule Alan for an appearance.

For additional information please visit our website at [www.bullyingrecovery.org](http://www.bullyingrecovery.org).

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