

FOR IMMEDIATE RELEASE

SUBJECT: Accident Victim Shares Healing Story, Miraculous Pain Control Techniques

Sarasota, FL--In a snowstorm on a lonely country road in Virginia, Gari Carter lost her face, and almost her life, in a head-on collision. Following a near death experience (NDE), she returned to her body, knowing her work was not yet complete in this lifetime. That work included not only healing herself, both outside and in, but also writing her story to help others through difficult and painful recoveries.

HEALING MYSELF (Hampton Roads, 1993) is the story of Gari's successful battle to rise above pain and despair during ten years of operations which gradually rebuilt her jaws, cheekbones, nose and gums--in short, an entire face. During her ordeal, she discovered a remarkable non-drug answer to dealing with pain--audio signals on tape designed to synchronize right and left brain hemispheres--which she used INSTEAD of anesthetics in all of her later surgeries.

She has written HEALING MYSELF not only to tell her own fascinating story, but to serve as an inspiration to others who are suffering from the physical, emotional and mental pain of rehabilitation. "I searched for a mentor during those years of becoming a 'bionic woman,'" she explains, "someone who could help me through it, but I never found that hero. I hope my book will serve in that capacity for someone else." Gari is an inspirational teacher, a true healer of souls, with a universal story of courage which appeals to all.

Gari has appeared on numerous TV and radio shows around the country as she has lectured, given workshops and autographed books. Paramount Pictures filmed Gari for their TV show, "Sightings". James and Salle Redfield interviewed Gari for "The Celestine Journal". Gari lives in Sarasota and the mountains of Western North Carolina.