



FOR IMMEDIATE RELEASE

AUTHOR FABIAN COUSLEY RELEASES “HOW TRAVELLING SAVED MY LIFE” — A POWERFUL MEMOIR OF HEALING, IDENTITY, AND REINVENTION

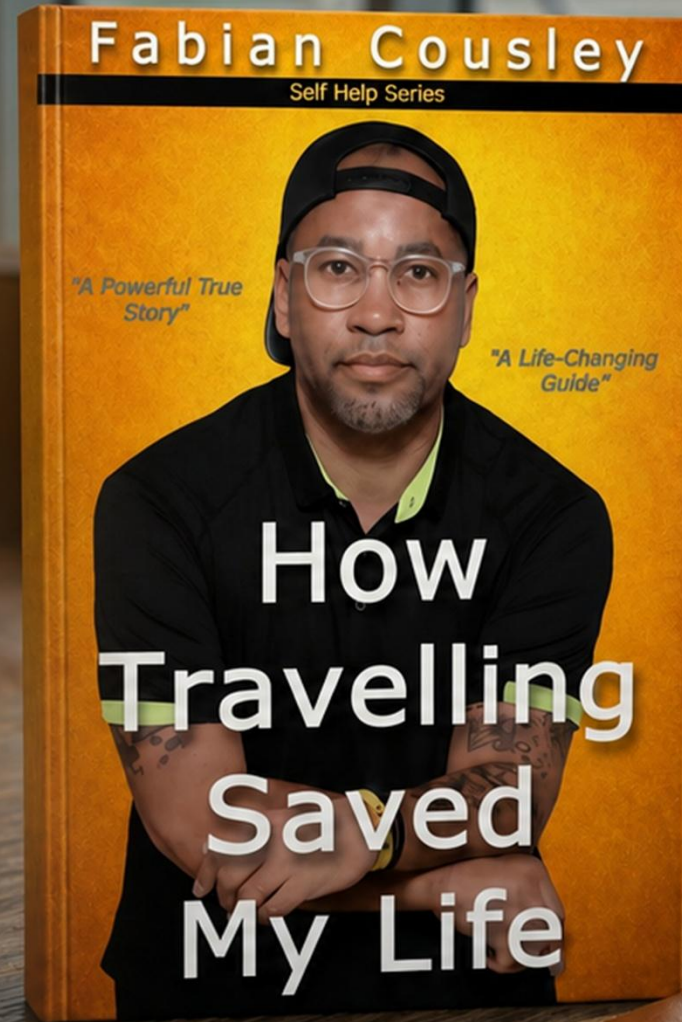
New York City, May 21, 2026 — At a time when conversations around mental health—especially for men—are more urgent than ever, author and entrepreneur Fabian Cousley unveils his deeply personal new book, *How Travelling Saved My Life*.

More than a memoir, the book offers an unfiltered look into the emotional aftermath of betrayal, divorce, and identity loss—paired with a powerful message of resilience, healing, and transformation through travel and self-discovery.

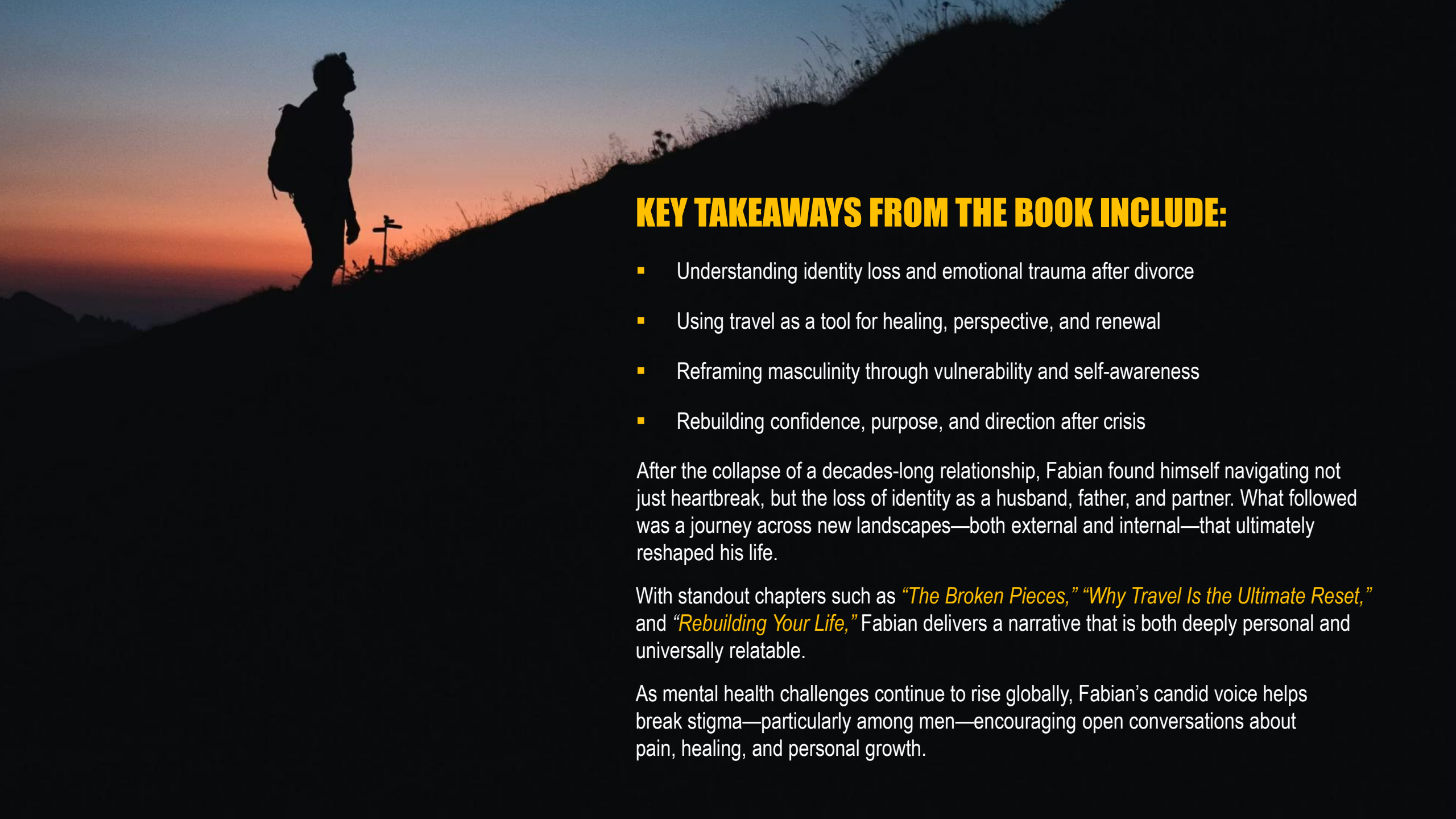
After the collapse of a decades-long relationship, Fabian found himself navigating not just heartbreak, but the loss of identity as a husband, father, and partner. What followed was a journey across new landscapes—both external and internal—that ultimately reshaped his life.

“This book is more than a story—it’s a lifeline,” says Cousley. “It’s for anyone who has ever felt lost, broken, or unsure of who they are after life pulls the rug out from under them. I wrote it to remind people that there is life beyond the storm—and it can be even more meaningful than before.”

Through raw storytelling and honest reflection, *How Travelling Saved My Life* explores themes of masculinity, vulnerability, fatherhood, and the rebuilding of identity after life-altering change. The book speaks directly to those facing personal upheaval, offering both emotional validation and practical insight.



Available on
amazonkindle



KEY TAKEAWAYS FROM THE BOOK INCLUDE:

- Understanding identity loss and emotional trauma after divorce
- Using travel as a tool for healing, perspective, and renewal
- Reframing masculinity through vulnerability and self-awareness
- Rebuilding confidence, purpose, and direction after crisis

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With standout chapters such as *“The Broken Pieces,”* *“Why Travel Is the Ultimate Reset,”* and *“Rebuilding Your Life,”* Fabian delivers a narrative that is both deeply personal and universally relatable.

As mental health challenges continue to rise globally, Fabian’s candid voice helps break stigma—particularly among men—encouraging open conversations about pain, healing, and personal growth.

AVAILABILITY: How Travelling Saved My Life – The Awakening is available now on Amazon and directly through his website.

Amazon: <https://www.amazon.com/dp/B0GVPKZNS2>

Website: <https://sybr-book.com>

MEDIA ASSETS & INTERVIEW OPPORTUNITIES

High-resolution author photos, book cover images, and interview opportunities are available upon request.

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