

"Addio Burnout!": the USA Bestseller, with 700,000 copies distributed, along with two films, arrives in Italy

American author, producer and director, Neal David Sutz has chosen to live in our country. His goal is, "to remove the stigma associated with mental illness, sharing his message that education, therapy, and love can bring healing."



Milan, Italy Oct 27, 2025 ([IssueWire.com](https://www.IssueWire.com)) - After a break of more than eight years from his career as a bestselling author, producer, and film director, and one of the most well-known and influential voices in the mental health field in The United States, Neal David Sutz decided to have his successful book, "Addio Burnout!" (originally titled, "Kick It With Gusto!") translated into Italian and made available in Italy. Sutz has also decided to live permanently in our Country, given that his maternal roots lie in both Orselina, Canton Ticino, Switzerland, and Naples, his aunt's hometown.

Shortly after its initial publication in The United States in 2003, Sutz's book quickly received acclaim and testimonies from some of the most well-known, respected, and qualified psychologists, psychiatrists, psychotherapists, authors, and public figures in America, England, Australia, Canada, South Africa, and other English-speaking countries.

Sutz has created what he hopes will become a widely-used online resource for those seeking methods, tools, resources, hope, and inspiration to navigate the diverse paths to recovery from mental illness, post-traumatic stress disorder, and personality disorders, not to mention the general, sometimes

overwhelming, “Burnout” that so frequently hinders a happy, peaceful, healthy and productive personal and professional life and, far too often, drives too many people to take their own lives.

<https://www.AddioBurnout.com>

Sutz said, "When I was diagnosed with this condition (*a diagnosis that later proved to be incorrect, as many years later it was finally determined that it had been induced by medication, since I was initially prescribed a natural antidepressant when the first depressive symptoms appeared and I was not properly instructed on how to take that particular natural medication*), especially at a relatively advanced age for such a diagnosis, at 31, almost everyone I knew, family and friends, ran away."

Sutz continued: "For me, the mental suffering, during the acute period of my symptoms, was already more than I could bear at the time, but then, on top of that, finding myself almost completely alone as I went through my outpatient treatment, that feeling of loneliness almost pushed me over the edge. However, I actively sought out a specialized psychiatric nurse, who was also a certified professional counselor, and began intensive outpatient treatment. This treatment was a combination of medication to stabilize the acute symptoms and intensive psychotherapy, dietary modifications, etc., to get to the root of why this “challenge” had suddenly appeared in my life, overnight, while I was studying at the University of Arizona in Flagstaff, particularly in the week following the terrible events of September 11, 2001. The intensive period of my treatment lasted about 6 months, and I was very fortunate to achieve psychiatric stability in less than 5 weeks after starting treatment. I then continued counseling and my new lifestyle and dietary regime, which I found extremely helpful, for almost another 2 years after that, to ensure my long-term psychiatric, emotional and physical stability, as well as to better understand my emotions, my childhood, all of which culminated in my learning to truly accept myself for who I am, how I am, and ultimately led me to pursue a career to share hope and inspiration, if not simply empathetic guidance, with other human beings who, as I had traversed, were also facing mental and emotional difficulties."

A personal and heartfelt letter to all of Italy, to all Italians, written personally by Neal, was recently published in [Sanremo News](#).

Sutz believes that regardless of what part of society a person comes from, how much money they have, or their personal status - whether they are a taxi driver, a banker, a lawyer, a grocery store clerk, a teacher, a doctor, or even a politician - anyone can find themselves, even if only for a short period of their life, facing some form of "Burnout," whether it is a real psychiatric problem or simply a fleeting moment, a period when one's everyday life becomes simply overwhelming and difficult to manage. He said he had seen this with his own eyes here in Italy, just as he had when he lived in The United States and in Switzerland.

Among the testimonies received by Sutzi for his book, there is one, in particular, that is very compelling, written by the first female psychiatrist/psychologist in The United States, Janice Dorn, M.D., Ph.D. In this testimonial, Dr. Dorn stated, **"... Addio Burnout! is a rational roadmap for the path to recovery. Many of these lessons will be useful to everyone, not just those suffering from anxiety and depression..."** In The United States, a dual degree and profession, both as a psychiatrist and a psychologist, is extremely rare.

Sutz also stated: "In the 5 years after my book was first published, I produced two films, one documentary film and one biographical film. Eleven years later, I published a magazine on Borderline Personality Disorder, 'BPD Magazine.'" Although I had not been diagnosed with Borderline Personality Disorder, myself, I had married a woman who, unbeknownst to me for a long time after we met, dated,

and married, had suffered from Borderline Personality Disorder, but had been successfully treated and no longer exhibited any symptoms related to that disorder. Together, just three years into our marriage, we published the first-ever, print magazine dedicated to Borderline Personality Disorder. We only managed to publish one issue, despite our plans to continue the project, but even that one issue remains a valuable resource and tool for those dealing with Borderline Personality Disorder. Dr. Blaise Aguirre, among other renowned professionals in the field of Borderline Personality Disorder, wrote an informative, thought-provoking, and brilliant article for our readers. Dr. Aguirre is an Assistant Professor of psychiatry at Harvard University and Director of The Michael Hollander, PhD, Chair at 3East Continuum. McLean's Dialectical Behavior Therapy (DBT) programs for adolescents, collectively known as 3East, provide specialized residential and outpatient care for adolescents and young adults. The 3East DBT program for adolescents and young adults focuses on the treatment of depression, anxiety, post-traumatic stress disorder, and early-stage Borderline Personality Disorder.

Sutz's two films will soon be released in Italy, in their original English, with Italian subtitles, starting with the biographical story of his personal experience, entitled, "[Human Like You - A Bipolar Odyssey](#)," a film based entirely on real events. Strangely, in this film, Sutz found himself having to play himself, even though he is not an actor. This happened because the Los Angeles-based actor whom Sutz had hired to play the lead role suddenly dropped out of the project just three weeks before filming was to begin.

This actor called Neal one afternoon to tell him that, being a "character actor," he had become so immersed in Neal's character, particularly during the brief, acute, and severe period of mental and emotional suffering through which Neal had traversed, that the actor, himself, could no longer get out of that state of mind, thus rendering himself unable to complete the job of playing Neal in the film. As a result, Neal, who had never acted in a film or received any training in acting, found himself having to play himself. Sutz's biopic film, as well as his Documentary film, entitled, "[To Life - One's Journey Beyond Bipolar](#)," were screened in over 28 US States.

Sutz concluded by saying: "I sincerely hope that my little book, **Addio Burnout!**, despite appearing to be a rather simple book, will help the many people in this beautiful country, Italy, who suffer from any kind of mental or emotional distress, or simply, "Burnout," and above all, that it helps them to seek help and not give in to the temptation to commit suicide as a means of escaping their mental, emotional, and life difficulties. I pray, from the bottom of my heart, that more and more people will see my complete recovery as an example, that I am nothing more than just a person, like them, not a mental health professional, but someone who has experienced, firsthand, the darkest depths of mental suffering and then overcame them, and I pray that more and more people come to believe in the realistic possibility of recovery which I learned during my own journey of recovery and which I have shared with many people in The United States and other countries for many years, during my public appearances and interviews on television, radio, and in newspapers. If you are suffering, and if you seek help and treatment, and actively engage in your own, personal recovery journey, then, as I have always said in every public appearance I ever made - "**Total and Complete Recovery Is Possible.**"

Sutz's career as a mental health advocate led him to appear in major media outlets, including television, radio, and newspapers, for over 12 years, until he retired from full-time public work to devote himself to his family, working exclusively from home, so that he could be with his two children and his now-deceased wife.

Sutz explained, "When my second son was born in 2014, and my first son had already been diagnosed with a rare form of autism years before, I focused my studies on learning everything I could about autism and rare genetic disorders. I even obtained a Level One IVP Fingerprint Clearance from the Arizona Department of Public Safety, the Arizona government agency that oversees the police, child protective

services, adult protective services, nursing homes, dementia and Alzheimer's care facilities, etc. I took this important step for several reasons. First, to become as knowledgeable as possible about autism and other special needs, for my own sons, and second, to learn how to assist other disabled children and elderly people. At this particular point in my life, having turned 55 in September, I lead a very simple but peaceful and healthy existence. I am completely free of any psychiatric symptoms, and my working abilities, daily life, and ability to care for myself and others are in no way impaired. I consider myself the luckiest man on the planet, despite the circumstances of my wife's death and the enormous difficulties I face with regard to my family and the circumstances surrounding my somewhat controversial personal life. I feel blessed by God and believe with all my heart and soul that all the challenges we face in life, however insurmountable they may seem, can be understood, managed, addressed, and, above all, overcome and healed."

One of the most extraordinary aspects of Sutz's book, as well as his films, is that they deal with a subject matter that has nothing to do with politics, religion, skin color, ethnicity, or any other "earthly" characteristic that a person adheres to or identifies with. Sutz asserts that Burnout, as well as any form of anxiety, depression, bipolar disorder, or any other diagnosed, mental illness, does not discriminate based on such factors. The fact that Sutz is a single, widowed father, a Christian and a Conservative, and that he grew up, on his father's side of the family in The United States, in what would be known as a, "Leftist/Democratic," extremely wealthy family, a family with extensive political and financial resources — also a family from which Sutz distanced himself many years ago to go out on his own - does not prohibit him from sharing his message of hope, his personal experience, his book, and his films with anyone, in any sector of society, including the media, whether, left-wing or right-wing.

For media interviews and other requests, Sutz can be contacted directly using the contact information provided in this press release.



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