

Olive Tostevin Reveals Life, Love, and Mental Struggles in “Everything is Already Hell”



*a poetic
memoir*

Olive
Tostevin

Tomah, Wisconsin Dec 1, 2025 ([IssueWire.com](https://www.issuewire.com)) - Australian poet Olive Tostevin releases her first poetic memoir, *Everything is Already Hell*, a deeply personal exploration of mental health, love, and self-discovery. In this compelling work, Tostevin invites readers to immerse themselves in her experiences with depression, psychosis, and the challenges of navigating life and relationships.

About the Book

Everything is Already Hell combines vivid poetry and memoir-style storytelling, offering readers a raw and honest view of Tostevin's world. From moments of falling in and out of love with life and herself, to the struggles with mental illness, the book captures the intensity of human emotion and resilience. While it confronts dark themes, the work provides an opportunity for reflection, empathy, and connection, allowing readers to relate to the universal struggle of finding oneself amid turmoil.

About the Author

Olive Tostevin is a published poet and emerging podcaster from Melbourne, Australia. Passionate about mental health advocacy, she uses her writing and podcast, *Olive's Garden*, to explore life's challenges and inspire conversations around mental well-being. *Everything is Already Hell* follows her debut book, continuing her mission to give voice to personal experiences that resonate with readers.

Inspiration Behind the Book

Tostevin wrote this memoir from personal experience with depression and psychosis, hoping her story could offer comfort to those facing similar struggles. By sharing her journey, she aims to normalize discussions around mental health, reduce stigma, and create connection through shared human experiences.

Message to Readers

"Thank you for taking the time to read my story. I hope my experiences bring comfort or insight to anyone navigating mental health challenges. Remember to be kind to yourself and others—life is often a difficult journey, but we are never truly alone," says Tostevin.

Availability

Everything is Already Hell is available now on Amazon: <https://www.amazon.com/Everything-Already-Hell-Olive-Tostevin/dp/1763850080/ref>

Previous Promotional Activities

Tostevin has participated in the Manila International Book Fair and has been interviewed on Logan Crawford TV, extending the discussion on mental health and poetry to wider audiences.

<https://youtu.be/9HzqAUtp04o?si=8McD8hUI64R-nOOI>



Media Contact

Prime Seven Media

*****@gmail.com

+1 414-286-4043

201 Helen Walton Drive, Suite #2

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