

MEDIA KIT



**CAROL
M. ROYCE**

AUTHOR. ENTREPRENEUR. ACTOR. PERSONAL TRAINER.



ABOUT CAROL

INSPIRING OTHERS TO
LIVE OUTSIDE THE BOX &
FOLLOW THEIR DREAMS

Born in December, in Cleveland, Ohio, as an identical twin. She came from a family with a history of diabetes and weight struggles, resulting in depression.

She underwent cosmetic surgery and gained both a newfound strength and resilience. This confidence encouraged her to write a tell-all, no holds barred blockbuster book.

As an actress, Carol is known for Stoned Sex Cinema (2019), Second Acts (2019) and Calvari (2017).

Dedicated to personal fitness has lead her to become a certified personal trainer in the state of California. Carol is passionate about helping senior citizens remain physically viable and retain their independence.



ABOUT THE BOOK

WHAT GOES UP MUST COME DOWN: LET'S FACE IT

A journey through time where Carol shares with the reader her family's history of obesity and related physical & mental issues. This is a detailed account of her unhealthy history with food and how she started living a healthy lifestyle.

Carol's goal is to provide an unfiltered look at the journey so many people consider. To share the positives and negatives, holding back nothing and painting the real picture of cosmetic surgery. Both inspiring and encouraging. Get an inside look at how Carol suffered but never gave up hope or her dreams. Speaking about the experience of writing the book, Carol states

"it was an emotional roller coaster. But I know people who are struggling with excess weight will be motivated by my story and make better life choices themselves."



OFTEN CAST TO PLAY

FEARLESS WOMEN

Carol has 3 years of tactical training handling and firing a .32 caliber handgun and double barrel shotgun. As a minor she trained in Karate and earned a Blue Belt. As an adult, Carol continued to explore her passion for Martial Arts, training in both Tai Chi and Kickboxing.

Experience riding dirt bikes, motorcycles, horses and mechanical bulls. She can also drive a semi-truck and stick shift.

Carol has 2 children and a poodle. Patience, love and warmth balance out her tough side.

Commercially perfect for fitness, healthcare, pharmaceutical and industrial videos.

A woman with long brown hair, wearing a red off-the-shoulder dress and a necklace, is the central figure of the image. She is looking slightly to the right of the camera.

Social Links





CONNECT WITH CAROL

Carol is available for book signings,
interviews and podcasts.

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BOOK

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