

MEMBER SPOTLIGHT

Write by the Rails member [Alivette Vigo](#) has been a Prince William County resident for over a decade following her six-year Navy military service. She is a Puerto Rican native who grew up in a farm like environment, enjoying sports and academics. She earned a technical bachelor's



degree but realizes that the best teachings have come from life's valuable lessons through her personal journey.

She volunteers at the Grace Life Community Church food pantry in Bristow, VA. Loves spending time with her daughter, two dogs and a bearded dragon.

Unfortunately, her writing career started in 2021 as a form of healing after the loss of a family member to suicide. As someone who has struggled with anxiety herself, Alivette Vigo shows understanding for anyone struggling with mental disorders and writes to heal and help others.

As a newfound author, Alivette joined Write by the Rails (WbTR) to interact with local writers and found the organization to be a support group, always providing resources, workshops or answers to her questions.

Alivette Vigo established Be Well Publisher, LLC to help promote wellness and authenticity. Her goal is to inspire people to live their best life despite their circumstances and fight mental health stigmas. She believes the topic of mental health has been misunderstood for too long and people with mental illness have been subjected to constant stigma.

In her self-published book, [Make Peace with Anxiety: Manage the Good, Bad and Out of Control](#), Alivette provides readers with useful information for understanding mental issues, and encouraging messages to show compassion to themselves and anyone living with mental health issues.



She also shares her strategies for identifying, deciphering, and overcoming anxiety and depression. From the everyday angsts to long-term worries, she emphasizes the power of self-love, self-growth, and self-care because everyone deserves a beautiful life.