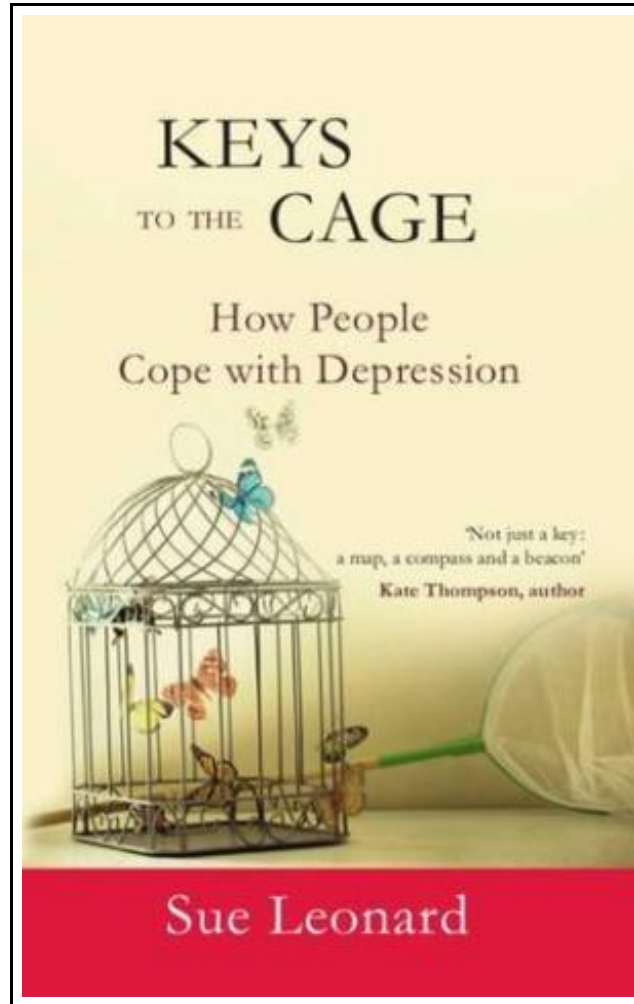


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New Island Books, 2010. Paperback. Book Condition: BRAND NEW. This book comprises 14 interviews with men and women, of all ages, from all around Ireland, who have been through depression, anxiety and related illnesses. Through their sometimes heartrending stories, it concentrates on the tools they used to help them recover. The book includes an appendix with a list of all the therapies, support groups and books that helped them. This important book will go some way to breaking the silence and stigma surrounding issues of mental health, and discusses how real people manage to cope with their illnesses on a day-to-day basis. About the Author: Sue Leonard has been a full time freelance journalist for eleven years. She writes for the Irish Independent, the Irish Examiner, the Evening Herald, Reality and Faceup magazines, and Books Ireland. Originally from Oxford, she trained for two years as a nurse at the Middlesex Hospital in London. As a health journalist she has twice been congratulated, by Headline, the National Media Monitoring Programme, on her sensitive, accurate and responsible reporting. She now lives in Wicklow. 0 pages. 19.6 x 12.8 x 2 cm.



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