



Defying Mental Illness 2014 Edition: Finding Recovery with Community Resources and Family Support

By Paul Komarek, Andrea Schroer

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine a book that accomplishes for mental illness what the Big Book did for sober recovery. Defying Mental Illness makes mental health disorders and treatment understandable. It takes the fear and mystery out of mental illness along with the technical jargon. This approach keeps people focused on recovery, which is more about finding a way to move forward than it is about the diagnosis. The book helps people with symptoms and family members collaborate and support each other. Simply written, consensus-based, positive and complete, the book covers schizophrenia, depression, post-traumatic stress disorder, childhood mental illness, suicide prevention and more. The book builds recovery with strengths that endure despite the presence of symptoms. It's what a person needs to know to get started with recovery, what family members need to know to support recovery, and what faith-based and community groups need to know to help the people they serve. Revised and updated for 2014, the book is structured to support a simple planning strategy. The 2014 edition includes updated material on suicide and violence, and expanded coverage of...



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