



## Mental Wellness: Real Stories from Survivors

By Deb J Damone

Hidden Thoughts Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is an inspirational anthology, giving real voice to the contributing authors, providing a strong message of hope and, most importantly, the courage it takes to work through, overcome, and succeed despite life's obstacles. - Joan Burke, LMSW (Director, Long Term Care Ombudsman Program, Family Service League) People living with mental illness often do not share their stories. In these pages, we experience, first hand, the lives of people who live with this illness, and others who love them, care for them, and advocate for them. Thank you for sharing these heartfelt stories so we can try to understand.

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