

# Mental Health Entrepreneur Gain Freedom And Escape The 9 5 Grind How To Treat Mental Illness And Monetize Your Expertise

[#mental health entrepreneur](#) [#escape 9-5 grind](#) [#monetize mental health expertise](#) [#treat mental illness](#) [#freedom entrepreneurship](#)

Discover how mental health entrepreneurs can achieve true freedom by escaping the traditional 9-to-5 grind. This guide provides practical strategies to effectively treat mental illness while successfully monetizing your specialized expertise and building a thriving practice.

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## Mental Health Entrepreneur

By the time you've finished reading this book, you'll understand the fundamentals of entrepreneurship in the field of mental health and be able to establish a solid, detailed plan to conquer your fears and attain your dream career. You will understand how powerful you are, especially because you are a mental health professional with insights and training that no other entrepreneur has. If you're ready to make the leap from a draining nine to five job into a life of freedom, Mental Health Entrepreneur will set you on the right path. The entrepreneurial path is one where we are free to choose our own schedule, free to work with our preferred clientele, and free to nurture our own happiness. 100% of this book's proceeds will benefit the charitable, 501 (C) 3 non profit charity, Therapeutic Play Foundation ([www.therapeuticplayfoundation.org](http://www.therapeuticplayfoundation.org)), whose mission is to build a healthier, more resilient world through empowerment, education and play. The Therapeutic Play Foundation in turn processes 100% of that amount towards costs of supplies and program development of after school and sports performance interventions.

## The Journey to Freedom

A 30 day interactive journal that guide individuals on a path of healing and self discovery to achieve optimal freedom from past trauma.

## Mental

How do we define mental illness? What does a diagnosis mean? What should you ask your doctor before you begin treatment? Are there alternatives to medication? What does the research show actually works? Practitioner and professor of psychiatry Dr Steve Ellen and popular comedian Catherine Deveny combine forces to demystify the world of mental health. Sharing their personal experiences of mental illness and an insider perspective on psychiatry, they unpack the current knowledge about conditions and treatments covering everything from depression and anxiety to schizophrenia, personality disorders and substance abuse. Whether you have a mental illness or support someone who does, Mental offers clear practical help, empowering you with an arsenal of tips and techniques to help build your resilience.

### Telling is Risky Business

Wahl (psychology, George Mason University) examines and summarizes what mental health patients have to say about their experiences of stigma, with the goal of increasing public and professional understanding. Annotation copyrighted by Book News, Inc., Portland, OR

### This Book Will Change Your Mind About Mental Health

From the creator of the hit podcast WHY DO I FEEL? 'I cannot recommend it highly enough.' Caitlin Moran 'Brims with compassion and wit.' Cathy Rentzenbrink 'Absolutely blew me away.' Jo Brand 'Brilliant . . . I love it.' Philippa Perry 'I have never read a more powerful book about mental health.' Joanna Cannon A journey into the heartland of psychiatry. This book debunks myths, challenges assumptions and offers fresh insight into what it means to be mentally ill. And what it means to be human. This Book Will Change Your Mind About Mental Health was previously published in 2019 in hardback under the title The Heartland. Nathan Filer's podcast, WHY DO I FEEL?, is available to stream wherever you listen.

### The Mind Workout

It's well known that if you want to keep your body fit, you must do some regular exercise. But when it comes to our mental health, few of us take the time to maintain and improve it. For some reason, we expect to be in great mental shape without doing any work. And when we realise we're struggling, we look for a quick and easy fix instead of developing the skills that will help us in the future. Enter The Mind Workout - a home exercise programme for improving your mental health and fitness. Developed as a result of Mark Freeman's own recovery from mental illness, The Mind Workout combines mindfulness, Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT). It outlines twenty easy-to-follow steps you can take to free yourself from the ways of thinking and behaving that cause mental health challenges in your life - from cutting out the compulsions that cause uncertainty, anxiety and distress to relieving stress and distraction. The Mind Workout is the key to making the switch from a frenetic, anxiety-driven life to one that's based on your core values. It will leave you feeling mentally stronger, fitter and better equipped to navigate the complexities of everyday life.

### Jason: 1 | Stigma: 0

Mental illness can be treated – but stigma can be cured. Part memoir and part how-to, this engrossing book is the culmination of a lifetime of unique personal experiences with illness by author, Jason Finucan. As someone who has experienced both a major physical illness (heart defect leading to open heart surgery in 1988) and a major mental illness (bipolar disorder leading to hospitalization in 2005), Jason realized that the stigma still surrounding mental illness was unnecessarily making his diagnosis of bipolar disorder far worse than it needed to be. And this problem was happening everywhere. Despite significant gains in awareness in recent years, mental illnesses like clinical depression or anxiety disorder are still treated far differently than physical illnesses, like cancer. As a result of the confusion, isolation and lack of support created by stigma, there is an increase in the number of people suffering with untreated mental illnesses or, tragically, dying by suicide. In this book, Jason shares his alarmingly candid personal experiences with an engaging storytelling style and offers insight on how we perceive illness in our society today, the important role of empathy, and what we can all do to effect change. His goal is for everyone to understand this important topic so they are empowered to make a real change and ultimately join his vision for future without stigma. This is a mental health movement – and Jason wants you to be a part of it.

### The Precipice of Mental Health

"The mental health crisis is worse than ever: In an age of increasing isolation, insecurity, and loss, people are suffering, and not everyone is able to afford or access the help that they need. Mental health activist Achea Redd wants to change that, because for her, it's personal. Though Redd seemingly led a charmed life as the daughter of a pastor and wife of NBA legend and former Olympian Michael Redd, the mother of two battled debilitating mental illness. In *The Precipice of Mental Health*, Redd shares her remarkably reflective story about the societal issues of mental health and her personal mental health struggles, including eating disorders, panic attacks, suicidal ideation, and the impact COVID-19 had on her battle." --

### Taking Control of Schizophrenia

Your life should always go forward. Therefore, your life's journey should be one that propels you forward, but what if it doesn't? Quite often, those with schizophrenia and other mental illnesses have a rough path, a path strewn with tangled roots. In *Taking Control of Schizophrenia*, author Stewart (Andy) Lighthouse addresses common concerns to enable individuals to take control of schizophrenia and other mental illnesses. Based on the author's personal story and his work in mental health, this guide discusses an array of topics, including managing one's medications, dealing with medication side effects, anger control, peace of mind, mind control, the concept of "thought process disorder," adapting to life after hospitalization, and dealing with many other challenges often associated with schizophrenia. With a host of resources and tips included, *Taking Control of Schizophrenia* offers keen insight into living with a mental illness every day. It helps both individuals and their caregivers understand and manage their well-being.

### Will I Ever Be the Same Again?: Transforming the Face of Depression & Anxiety (Kivler Communications)

Blessed with a loving family, a successful business as an executive coach and money in the bank, Carol Kivler was suddenly and unexpectedly brought to her knees by "The Beast" - clinical depression. The story of her journey to recovery from medication-resistant depression is not only informative but inspires hope in others who suffer from this debilitating illness. Kivler's book is written for multiple audiences, especially individuals who are suffering from major depression and their loved ones. It is also for health care providers, who often make the difference between "giving up" and "recovery" for those suffering from mental illness. Her "Courageous Recovery Wellness Model" provides a roadmap for recovery while addressing the misconceptions and stigma associated with depression. "Major depression is not an attitude. It is not a personality dysfunction. It is not a flaw in character. It is not laziness or a call for attention. It is not hurt feelings or a reaction to a bump in the road. It is not contagious. Depression is not something that can be brought on or fought off by self-will. Depression is not something to be ashamed of. And most importantly, it is not something that should be ignored. Left untreated, serious depression can be life crippling and even lead to death (by suicide)." Because medication did not work for her, and despite serious reservations, Kivler eventually agreed to ECT (electroconvulsive therapy, or shock therapy). The treatment not only gave her back the desire to live but the ability to thrive in her personal and professional life. Electroconvulsive therapy became her "ladder out of the depression pit." Much of Kivler's apprehension toward ECT was based on stigma and misinformation. "Say the words 'shock therapy' to ten people and nine of them will respond with the movie title 'One Flew Over the Cuckoo's Nest.' The movie (made in 1975) won five academy awards but left a wretched taste in our mouths about ECT. That movie as well as 'The Snake Pit' (made in 1945) both depict earlier developments of the treatment - not the modernized procedure that provides relief to countless patients every day. Unfortunately, they have left a deep impression on society that ECT is not only painful, barbaric and inhumane, but something to be ashamed of." In her opinion, the stigma associated with ECT deprives severely depressed individuals the right to potential recovery. Consequently, the section of her book on "Demystifying ECT" provides accurate, up to date information about today's modernized procedure, answers common questions such as "Does it hurt?" (No!) and discusses possible side effects (which Kivler found to be no worse than those from medication). In addition, the success rate of ECT, according to the American Psychiatric Association, is 80 percent. This is considerably higher than 45 to 50 percent success rate of most anti-depressants. Plus, the effects of ECT are generally felt as early as the third or fourth treatment, while medications can take as long as six weeks to take effect. "Will I Ever Be the Same Again" puts the face of hope on depression, providing information and inspiration to reach beyond the myths and stigma surrounding ECT and mental illness. It was an Award-Winning Finalist in the Health: Psychology/Mental Health category of the "Best Books 2010" Awards, sponsored by USA

Book News. Kivler's book was also awarded Finalist, Self-Help Category, 2011 Next Generation Indie Book Awards.

### A Can of Madness

This is one of the most honest autobiography's ever written on manic depression takes you as close to the manic mind as you can possibly get. Jason Pegler is a writer, public speaker and consultant on mental health. He works with the media, the government and mental health organisations to empower survivors and reduce stigma and discrimination. He plans to take his mental health story to Hollywood and break down the mental health taboo once and for all.

### What's Normal Anyway? Celebrities' Own Stories of Mental Illness

Nobody is immune from mental ill health, not even celebrities . . . We all know someone who suffers from mental illness. It may be a family member, friend, neighbour, or colleague. Now or in the future, it might be you. Here, for the first time, ten celebrities share their experiences of conditions including depression and anxiety, bipolar disorder and OCD, eating disorders and body dysmorphia. From Premiership footballer Dean Windass, to TV presenter Trisha Goddard, their candid first-person accounts detail the day-to-day reality of living with a mental health disorder, as well as the nervous breakdowns, stays in psychiatric hospitals, and suicide attempts. They also show that, ultimately, mental illness need not limit achievement, happiness, and fulfilment in life. These frank and honest stories help us to better understand mental illness, offer practical coping strategies, and give encouragement and solace for everyone out there who feels they are suffering alone. What's Normal Anyway? shows that nobody is immune from mental ill health and shares powerful messages of positivity and hope. Contributors include: Bill Oddie, Alicia Douvall, Alastair Campbell, Stephanie Cole, Kevan Jones, Dean Windass, Trisha Goddard, Charles Walker, Tasha Danvers and Richard Mabey.

### Healing the Mind through the Power of Story

Psychiatry that recognizes the essential role of community in creating a new story of mental health

- Provides a critique of conventional psychiatry and a look at what mental health care could be
- Includes stories used in the author's healing practice that draw from traditional cultures around the world

Conventional psychiatry is not working. The pharmaceutical industry promises it has cures for everything that ails us, yet a recent study on antidepressants showed there is no difference of success in prescribed pharmaceuticals from placebos when all FDA-reported trials are considered instead of just the trials published in journals. Up to 80 percent of patients with bipolar depression remain symptomatic despite conventional treatment, and 10 to 20 percent of these patients commit suicide. In *Healing the Mind through the Power of Story*, Dr. Mehl-Madrona shows what mental health care could be. He explains that within a narrative psychiatry model of mental illness, people are not defective, requiring drugs to "fix" them. What needs "fixing" is the ineffective stories they have internalized and succumbed to about how they should live in the world. Drawing on traditional stories from cultures around the world, Dr. Mehl-Madrona helps his patients re-story their lives. He shows how this innovative approach is actually more compatible with what we are learning about the biology of the brain and genetics than the conventional model of psychiatry. Drawing on wisdom both ancient and new, he demonstrates the power and success of narrative psychiatry to bring forth change and lasting transformation.

### How to Beat Mental Illness and Get Your Life Back

Discover tremendous and useful information inside of this book. Information such as:- What mental illnesses really are ' we all experience stress, trauma and drama in our lives, find out here why some people are able to handle it well and others aren't! - Common mental illness triggers ' and how to avoid them! - The three most common cognitive mental health disorders - Common physical conditions that can cause the onset of dementia - 6 common root causes of mental illness ' learn how to identify these causes and determine whether yourself or a loved one is at risk for developing a mental illness! - What you should ask a mental health expert ' researching your symptoms and knowing what to ask a mental health expert will go a long way towards preventing an incorrect diagnosis! - 7 common symptoms of mental illness - 14 common mental illnesses ' along with their causes, symptoms and treatments!- And more

### Distorted Mind

For Michael Fortnam, a painful level of isolation, emptiness, and confusion had become normal. Severe depression, delusions, and manic episodes tore through his life in ways that people around him couldn't see. Finally, a crisis brought his suffering to the surface, and a shocking arrest led to a lengthy stay in a psychiatric hospital. It was there that he began to accept that many of his thoughts were delusional. *Distorted Mind* describes the experience of depression, hallucinations, and mania in a straightforward, accessible way that readers will easily empathize with and understand. Michael describes how medication and therapy have allowed him to emerge from mental illness to live a more promising and meaningful life. He is now in a stable relationship, holds a job, and has not been hospitalized since the year 2000. Michael's story gives important encouragement to those who are suffering from mental illness or in a stage of treatment where hope is not yet clear. It also provides valuable information to family, friends, and treatment professionals about what it's like to experience a mental health crisis, and the ways in which caring people can provide support for a successful outcome.

### The Way Out is Through the Way in: Mental Health

How much of your life do you feel you have control over? What about your thoughts, actions, reactions, emotions, and the world around you? Have you ever felt out of control or unable to live a happy, healthy, fulfilling, and peaceful life? For nearly twenty-five years, author, Andrew Espie-Whitburn experienced mental problems of varying degrees—a lack of inner peace, PTSD, anxiety, depression, mania, and even paranoia. After finally becoming fed up with his own suffering, Espie-Whitburn embarked upon a journey to cure himself of his mental problems, maladies, and disorders through numerous therapies, self-study, and rigorous practice. Today, Espie-Whitburn is living his best life, not without problems, but with numerous tools in place to maintain inner-peace, free of mental disease and disorders. In, *The Way Out is Through the Way In*, Espie-Whitburn provides you with a template to find inner peace so you can live a happy and fulfilling life and become your best self. This book is all about developing and maintaining a balanced and peaceful mind. Topics include physical exercise, willpower, meditation, forgiveness, gratitude, eliminating self-limiting beliefs and more. Author, Andrew Espie-Whitburn, offers more than theory; he provides numerous tools, tips, and techniques which you can then practically apply to your life. *The Way Out is Through the Way In* is a reboot in your thinking and way of being. It's an aligning of priorities, goals, and commitments for mastering your mind so you can have success today... and every day. Pick up a copy and find peace of mind and fulfillment—today!

### Out of the Madhouse

Once upon a time, there lived a happy family called the Maitlands. Iain, the father, was a writer. Tracey, the mother, worked at a nearby school. They had three bright and charming children, Michael, Sophie and Adam. It looked like the perfect family life. Until October 2012, when Iain received a message. Michael had been taken to hospital. Years of depression, anxiety and anorexia had taken their toll, and he had pneumonia and a collapsed lung. The doctors weren't sure if he would make it. Told with humour and frankness through Michael's diary entries and Iain's own reflections, *Out of the Madhouse* charts Michael's journey to recovery from entering the Priory and returning home, to becoming a mental health ambassador for young people. Sharing tips and techniques that have helped them and others to self-manage, this is an essential resource for anyone experiencing depression, anxiety, OCD and similar issues.

### A Mental Health Story

*A Mental Health Story : Negative to Positive*, tells the story of Mark Williams founder of fathers reaching out. After watching his wife go through post natal depression, and then having depression himself six years later founded fathers reaching out. It was after a low point sitting in a car, that he lost his fear about failing. Mark tells the story being a son of a coal miner and having people who believed in him, and also people who were negative. After telling his honest story, he went on to be awarded inspirational father of the year, and local hero at the Pride of Britain Awards. Mark tells how being a positive influence in someone's life can put them on the right path, whatever their talents. He also tells how anyone can take a positive out of negative and can help with their recovery. After working in high pressured jobs, he has realised that money is not the most important. After having counselling and keeping his health in check, realises that he will also have to look after his mental wellbeing for him and his family. His new life is even more exciting now, since going through depression. He is a freelance writer public speaker and has spoken on many radio stations. He has appeared on television and has now set his

own company doing what he want to do helping people. If there on think you will learn from this book, and that's anyone can turn a positive out of a negative.

#### Mind You the Realities of Mental Illness: A Compilation of Articles from the Blog Mind You

The blog has had about 75,000 views and has been read in 151 different countries since 2014. The posts reflect ideas about mental illness, health and life that can be debated and discussed so that we can come to a higher understanding of the issues. And, we have separated out mental illness from mental health because, despite their often interchangeability, they are distinct. Mental illness as a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. In contrast, mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. That is quite different from mental illness. Unfortunately there is a tendency to confuse these. Unfortunatly, there tendency to talk about mental health issues and problems which are not the same as mental illnesses.

#### Draw A Heart Around It: A Revolutionary Mental Health Treatment for Individuals and Companies

Creating a life you love isn't without challenges and it's these experiences that enable you to develop personally and professionally. The model of L.O.V.E Leadership is a life long framework for use personally and in business which can promote good mental health, manage risk and develop resilience, reframe negative experiences and challenges, increase team and business productivity and achieve your desired goals. No matter where you live or work, this book will empower people to actively listen, remember roots, take ownership of experiences and develop the confidence to say what you mean and mean what you say. Everything is possible- apply L.O.V.E Leadership at work and home- understand it, share it and live it- conduct yourself as a leader of you and succeed.

#### Let'S Talk Mental Health

Lets Talk Mental health is a book full of stories, remarkably inspiring stories from people from all walks of life and professions who speak candidly about mental health issues. Amongst many, a comedian, teacher, doctor, and footballer reveals their stories of post-traumatic stress disorder, depression, anxiety, severe stress, bipolar disorder, and psychosis. In an age where there is still much stigma associated with mental illness, this is a deeply powerful book; it is written in the hope that it raises awareness of mental health issues that affects so many in society. Importantly, it encourages us to talk about mental health, which can help eradicate the stigma. Its ok not to be ok. You need a strong support system. It helps if you find time to connect with people who love

#### How To Manage Your Mental Health

You are not alone. There is nothing wrong with you. You are merely human. In this book, I analyze and discuss my own experience with acute anxiety, depression, and derealisation. My nervous breakdown came at a time when I was at the top of my game, thriving in my career, and with a beautiful family. "How can you be sad when you have everything?" This was the question I ridiculed myself with, day in, day out. Over time, I investigated my diagnoses, did some Hypnotherapy work, as well as CBT, and found some sincere answers as to where my pain and anguish was coming from. Now, I am going to help you do the same. The book is not peppered with can-do quotes and banal advice. My story is raw, relatable and most importantly, deeply human. This book offers pragmatic, practical advice with resources to help you begin to cope with your own mental health struggles. It also includes practical steps in caring for a loved one that is going through depression and anxiety, how to manage intrusive thoughts, an introductory look at thought work, and looks at everything that could be affecting your mental health, including sleep, diet, work, relationships and so on. Although my struggles have been very difficult to go through, even in my darkest days, I knew that sharing my story was the right thing to do. I hope that as you read my struggle, a struggle that I am still coping with every day, and you start to see a little bit of light, even if that is all it is. You are not alone. You do not have to suffer in silence. You are worthy of help and support. If this is your first time tackling your mental health struggles, then please follow me along my own journey of self-discovery and healing. No matter where you are, no

matter what you have been through, your story is not over. It is only the beginning. Let me share mine and let us lead onto a path of self-discovery and healing.

### Stages of Schizophrenia, The (Part 4)

154 million people globally suffer depression, which is just the tip of the mental illness iceberg. The vast majority receive no treatment, due to an immense lack of specialists, resources, and understanding. Dr. Pamela Stephenson Connolly offers simple self-assessment tools and down-to-earth information on a wide range of mental health problems--clinical expertise minus the professional jargon. She explains everything that can go wrong with your mind, and sets out easy steps to start feeling better straight away. This guide covers everything from mood, personality, and sleep disorders to anxiety, trauma, and addiction, and it addresses the effect of childhood experiences on later life, and how to deal with issues from the past. This helpful, practical, and positive guide will inspire readers to make manageable steps towards a more joyful life.

### Head Case

Dr Michael Corry died in 2010. He qualified in medicine from UCD in 1973 before training as a psychiatrist and a constructivist psychotherapist. A frequent and often controversial commentator on issues of mental health in national newspapers and on television and radio programmes, he was an outspoken opponent of over-medication and the use of electro-convulsive therapy in the treatment of mental illness, believing instead in a holistic approach to healing. He is the co-author of two books with Dr Áine Tubridy: *Going Mad?* and *Depression: An Emotion, Not a Disease*.

### Going Mad? Understanding Mental Illness

The Wellness Diaries takes readers on a unique roller coaster journey through the eyes of a paranoid college student while battling mental illness, to the darkness of planning suicide, to a remarkable recovery. It offers an account of the author's experience of mental illness--early symptoms, diagnosis, battle with medications, and a plan to end the pain. The book takes an about turn as the journey is observed and tracked, from despair and suffering, to inspiration, adventure, contagious enthusiasm, and rebuilding a life, one step at a time, through reclaiming health. It includes persuasive arguments as to why health is a choice, and it offers a unique approach to health and wellness from the standpoint of lifestyle, including essential fundamentals such as a plant-based diet, quality sleep and outside activity. It discusses some aspects of health which are sometimes overlooked. "I feel mountain ranges above my dark times. Those days are in the past, and so distant from me now, that looking back upon them seems as if I have woken up from a really bad nightmare..." Readers will be touched with tears and laughter, and may wonder when Owen catches a break. Experience his in-depth sincerity in accounting the exact events which shaped this man's recovery from mental illness into a new life filled with gratitude and genuine love for life, the Earth, and all living things, and with a new outlook as a botanist and a naturalist. The Wellness Diaries is a book which offers a contagiously inspiring outlook on health, available as a choice.

### The Wellness Diaries

Mind Like Mine is a stigma-busting collection of biographies of some of the great people from history who have lived with mental health conditions. Did you know Charles Darwin experienced anxiety and Florence Nightingale lived with PTSD? From Michelangelo to Deepika Padukone, Ada Lovelace to Freddie Flintoff, a great many successful people with brilliant minds and talents have lived or are living with mental health disorders. The biographies in this book show that you can't always tell what a person is going through, and that mental health conditions can and do impact people from all walks of life. The aim of this book is to help remove some of the stigma around mental health, discuss different mental health conditions, what they mean and how they are treated; and ultimately to show that mental health disorders do not have to hold anyone back from achieving their dreams. The figures featured are from a range of diverse backgrounds and disciplines across science, literature, art, music, sport, politics and popular culture. Additional feature pages will explain and explore key mental health conditions including depression, bipolar disorder, obsessive compulsive disorder, schizophrenia, anxiety and eating disorders.

### A Mind Like Mine

Entrepreneur, wife, mother, professor, therapist, and leader throughout the years, Dr. Holly shares her real-life experiences for the person who is on the fence about going after their dreams as an entrepreneur or staying on the other side of mediocrity in their 9 to 5. This book covers your physical, mental, emotional, spiritual and social health. Each chapter is written to empower you and show you how to shift the paradigm you have held on to for so long that no longer serves you. This book helps with stabilizing one's mental health for success, through actionable prompts, that enables you to achieve six-figures or multiply your income. Dr. Holly's straightforward delivery encourages you to be curious, show up for yourself and be accountable for going after the success you envision. She is clear and transparent throughout the book about the ups and downs of being an entrepreneur and how to go through successfully mentally!

### Get Your Mind Right, Get Your Money Right

Reclaim Your Brain Using Unique And Powerful Tools To Rapidly Free Yourself From The Chains Of Mental Disorders. Dr. Paul Rashid will guide you through a personalized and holistic blueprint for social therapy developed through years of medical study, clinical psychiatric practice, evidence-based research, and his personal experience with anxiety. Just as there is rehabilitation for physical injuries, social recovery is a form of rehabilitation for psychological conditions. Social recovery is a new, yet proven way to navigate recovery from mental illnesses to improve emotional states and live life to the fullest. Imagine if you had the power to create and customize an effective treatment plan for your mental health - on your own! Here is what mental health professionals have said about Recovery Revolution: "This book promises to be very useful for people who are looking for information and resources to guide them in their own recovery." -Larry Davidson PhD, Director of Yale Recovery and Community Health Program "Recover Revolution is exceptional! I think this would be good for many of my patients and I am going to recommend it to them!" -Wayne Denton MD, PhD, Clinical Professor at Florida State University College of Medicine "Before I completed reading his book, I already found myself applying his ideas for my own health. I wasted no time in sharing his ideas with my friends and family members, who continue to thank me for sharing Dr. Rashid's life changing advice." -Donald Fidler MD, Professor Emeritus Psychiatry, West Virginia University

### Recovery Revolution

According to The National Alliance on Mental Health, 1 in 5 adults in the US will experience mental illness each year (that's 46.7 million people in 2018), 1 in 25 will experience serious mental illness (11.4 million people), and 1 in 6 children in the US aged 6-17 will experience a mental health disorder (7.7 million). 50% of all lifetime mental illness begins by age 14, and 75% by age 24. Suicide is the 2nd leading cause of death among people aged 10-34. That's a lot of sick people, and a lot of families and friends dealing with mental illness every single day. It stands to reason that most of us will find ourselves involved with someone else's mental illness at some point, perhaps most often within our own families. Unless our life circumstances put us right in the middle of this harrowing predicament, few will realize the difficulties this challenge presents, how different it will be from dealing with other health issues, and how commonly accepted legal and social norms will complicate our lives dramatically. Ms. Walker writes warmly and compassionately about the long journey of mental illness she and her family have endured for decades. She also discusses various related issues and offers tangible suggestions for self-care - all easily accomplished by anyone. Families like hers often find themselves in a constant vortex of unforeseen circumstances, and her practical suggestions encourage others so they might begin to thrive despite the chaos.

### My Life with Crazy

Worldwide selling author Noah Anonis with titles 'Free, Love & Guaranteed' The Manual' & 'Finding Your Inner Phoenix' exploring the connection between mental health, persuasion, enthusiasm and belief. In this book, Noah Anonis now offers help for sufferers achieving a better mental health with a book of original advice/quotes to achieve a quick fix to the outlook. The book is purposely written to influence the mood of the reader and claims to be able to change the mood even within a few minutes. Helping with temporary cures for depression, anxiety, confidence and self-belief through changes in outlook that make chemical changes in the brain. The book is consciously a very simple and fast read and maybe read through from cover to cover very quickly. However, it is much more likely that the book will be kept as a reference to be consulted as and when the reader feels it is needed. With a change in outlook happening very rapidly page by page, the subconscious psychological help can be not only

mind altering but life changing. Mental health improvements are being made everyday but the 'apparent magic' in this book of being able to turn sad into happy, doubt into enthusiasm and despair into hope is remarkable. Going through the motions of life day by day just existing is not enough for many and they may crave a better outlook, more enthusiasm, more energy and a happier personality. 'Staying Alive Is Not Enough' attempts to give the reader a quick fix to their mental health like a breath of fresh air. As mental health is a temporary issue in the vast majority of cases, we have learnt that the mood changes with events, experiences and outlook. In time with the right treatment mental health will improve. The target of this book is to do that same process but much quicker and let the reader attempt to 'cure themselves' through just reading a few pages of this book through emotional change. Various physical activities of course change the chemicals in the brain of often people feel rejuvenated afterwards. With this book, that same rejuvenation can be created just by internal energy changes through positive reading. The ability for the reader to relate to situations is crucial to a successful recovery and help toward a better outlook and/or cure. For that reason, the most common causes of depression & anxiety are helped through covering various subjects to get the foundations right to continue to build a healthy mindset. Some form of stress seems inevitable in today's society but how the stress is dealt seem to be the key. Two people could experience very similar situations of stress yet would have very different outlooks about it and as a result one may have a better mental perspective than the other, which in turn would reduce their stress. So, if only the outlook is different it means that outlook can be changed for the better, it is merely a question of how to do it. In this case, by simply reading the relevant section will help with the better outlook required for at least a temporary solution/recovery. Arguably, with a constant reading of the book as a point of reference, it can be life changing and permanent help/cure for the reader. "In the end, it is the sufferer who cures themselves they just needed a map on how to get there." Noah Anonis. Increasing belief, self confidence and enthusiasm is not an easy thing to do without help. The help offered in this book is invaluable to many and a better outlook improving their outlook to a level of enjoying life, looking forward with a newfound confidence going forward living life to the full. The new mental energy created will give new hope, a new future, often a new beginning and even a 'new you'. A mental change in energy will create new opportunities and a mentality that is that of a winning mind. Some people are not living anymore, they seem to be just existing. When they know the secrets their lives change quickly, gain control again and discover a new zest for life!

### Staying Alive Is Not Enough.

This book is a must read for anyone who has a desire to understand what it must be like to experience mental illness, and by increasing our understanding of what it is like as a family member or friend of someone suffering from the debilitating impairments that affect our every day life. The book cites real life stories from the author that span his years of experience; Perry Klein has a writing style that brings to light his years of first hand experiences in the field as a professional Mental Health Counselor, and he has the ability to break down very complicated issues and Mental Disorders into every day language that is at times even humorous. Mental illness has never been written about in this way before.

### What Do I Do Until My Medicine Works?:

Inspired Recovery is a compilation of true stories from people who have achieved their life goals while managing bipolar disorder, schizophrenia, schizoaffective disorder or depression. Julie Edwards has suffered from mental illness her entire life. The eldest of four children born into a destitute family in outback Australia in 1948, Julie was diagnosed with 'manic depression' at age eighteen. Her experiences include severe symptoms of depression, mania and psychosis; numerous treatments including medication and electroconvulsive therapy; violent physical and emotional abuse through dysfunctional relationships; bereavement and loss, including the tragic death of two husbands; substance abuse; serious physical health issues; attempted suicide; complete breakdown and the development of additional psychiatric disorders. Medical treatment and pharmacology play a major role in the recovery process - but so does the human spirit. Now aged sixty, Edwards describes her life as 'filled with joy!' Though a 'cure' for schizoaffective disorder is not yet known, she has developed a successful strategy to achieve recovery and live a rich, full life. It is her story that has inspired her daughter, Sonya Melbourne, to gather and share these beautiful, true accounts as a message of hope for those who suffer from serious mental illnesses, and those who care about them.

### Inspired Recovery

Find out how Jack Travis went from being in and out of psychiatric hospitals to living a happy and fulfilling life in less than a year! In *Starting Point: Your Journey To A Better Life Starts Here*, Jack Travis not only talks about his personal journey with recovering from mental illness, but also invites others to join him on his journey and offers to teach them how to overcome their struggles. The goal of this book is to help guide people to a better life, and give them the tools they may not have in order to get better. Jack spent years working with different professionals and mentors to not only learn what he knows, but also to get the guidance and support he needed to overcome his illnesses. In addition to that, Jack also shares the many techniques, theories, methods, and strategies he developed and used to help him overcome his struggles. Jack's methods and strategies help to complement the support and treatment he receives for his illnesses, and he shares them all. Learn how to work through your struggles and join Jack on his journey!

### Starting Point

Have you ever sought professional help for an emotional problem and were shocked to find yourself diagnosed as mentally ill? Are you being pressured to take psychiatric medications by a doctor who barely listens to you? If you are one of the millions of consumers of professional mental healthcare in America today, the answer to both questions is most likely yes and it's just as likely the treatment isn't working. In *Psychiatryland*, Dr. Phillip Sinaikin teaches you why mental healthcare in America has come to be totally dominated by the so-called medical model of mental illness and how this can be dangerous to both your mental and physical health. Geared toward consumers, Sinaikin shows that psychiatry as it is practiced today is not a progressive medical science, but rather a multibillion-dollar business, run for profit by pharmaceutical companies, the insurance industry, and mainstream psychiatry. Dr. Sinaikin provides the tools to empower you and to help you learn how to take personal control of your mental healthcare and begin to make well-informed and rational decisions about the emotional well-being of yourself and the people you love.

### Psychiatryland

Looking for natural ways to help manage your mental health? This book can help! *Mental Health Secrets: 81+ Natural Tools For Managing Your Mental Health* is full of insider secrets on how to deal with mental health problems... some of which have not been available until now! It contains over 81 tools, from cold showers to antidepressant teas to brand-new therapies like Existential Kink. **THIS PRODUCT IS NOT INTENDED TO REPLACE PSYCHIATRIC TREATMENT. PLEASE CONSULT WITH YOUR DOCTOR BEFORE BEGINNING A NATURAL MENTAL HEALTH TREATMENT REGIMEN.** Learn about the most effective natural cures ever discovered! Find out about devices that soothe the nervous system and herbs that have healed thousands. Get the inside scoop on all-new, state-of-the-art treatments like: --> Natural supplements that help millions live more productively and painlessly --> Bodywork techniques that once resulted in a 60%+ cure rate for mental illness --> Brand-new therapies that work with sexual energy and shadow emotions like anger, hatred, and jealousy --> New technologies that work with the body's natural processes to restore the health of the mind --> Tried-and-true lifestyle approaches that provide a foundation for good mental health. Mental health is culturally created, and things like bullying, isolation and poverty can often keep you from "getting better." In fact, *Mental Health Secrets* talks at length about the social factors behind mental illness and how they can be dealt with. But recovery is possible, and Helen can show you how! Pick up this life-changing new book and learn to see mental health from a new angle!

### Mental Health Secrets

"I have been waiting for over 30 years for someone to write a book like this - an instructive and very practical guide - directly applicable to the everyday lives of persons living with mental illnesses and their loved ones - offering them a hand and leading them step by step through many of the lessons Katherine has had to learn mostly on her own - from creative, dogged, and prolonged efforts to find a way to build and maintain a full life in the face of a serious illness" Larry Davidson, Ph.D., Professor of Psychiatry, School of Medicine, Yale University

### ForLikeMinds

When I was diagnosed Paranoid Schizophrenic it felt as though a lightning bolt had struck me. It shattered my world. I was put into a mental asylum. I was labeled. I was shunned. My friends fell away. I was walled by a screen of prejudice and fear from the general public. Was this to be a life sentence?

Was there a way to escape from the straitjacket of serious mental illness? This is my story, the story of how I learned to survive. Is it success? You be the judge.

#### Paranoid Schizophrenia My Label, My Life:

This is the memoir of a man who had everything: family, good job, house. He walked away from it. Why? Tom Roberts learned five years after he just walked away and lost everything he had bipolar disorder II and the reason he left all that he had was because he was in a manic episode. Tom's memoir takes the reader from what appeared to be a comfortable college professor's life to the dirty streets of Hollywood, CA. He was living in a fantasy that he could earn a living as a film actor just as he dreamed when he was in high school. His "escape" as he calls it, was triggered by medical treatment following a horrible depression that had lasted six months by the time he was hospitalized. He was prescribed the new antidepressant Prozac and it turned out to be the worst anti-depressant for a yet undiagnosed manic-depressive. Tom's story begins, however, 30 years earlier in a family dominated by his Father's undiagnosed mental illness and then the sudden death of his 34-year-old Mother. Tom lived through the suicides of his brother and later his step-sister. The end surprisingly, is back in Hollywood as a working voice-over actor with several on-camera film credits. How he got there is the rest of the story and the final destination of his journey that went from nowhere to "now here."

#### Escape from Myself

Anxiety. Depression. Bipolar disorder. Schizophrenia. These diagnoses, along with many other mental health conditions, are often attached to a stigma that is difficult to overcome, leading many who struggle with mental illness to avoid seeking treatment and creating a ripple effect that reverberates from the individual to their family, their friends, and even their community. Joined by fourteen contributors, Anthony and Tyreese R. McAllister open up the conversation about mental illness to discuss the challenges of mental illness as well as to reduce the stigma millions deal with every day. *Mind Over Matter: Mental Health Stories on Coping with Stigma, Society and Self* is an in-depth, personal look into the lives of men and women who have both struggled and thrived in their mental health conditions. By sharing their stories, these authors will help individuals not only look at their diagnosis in a different way, but inspire them to ask for help so they can find the right treatment. Additionally, by revealing the candid details of their stories, the authors hope to inform people that "treatment works" and to encourage family members and friends to support their loved ones during mental health crises.

#### Mind Over Matter