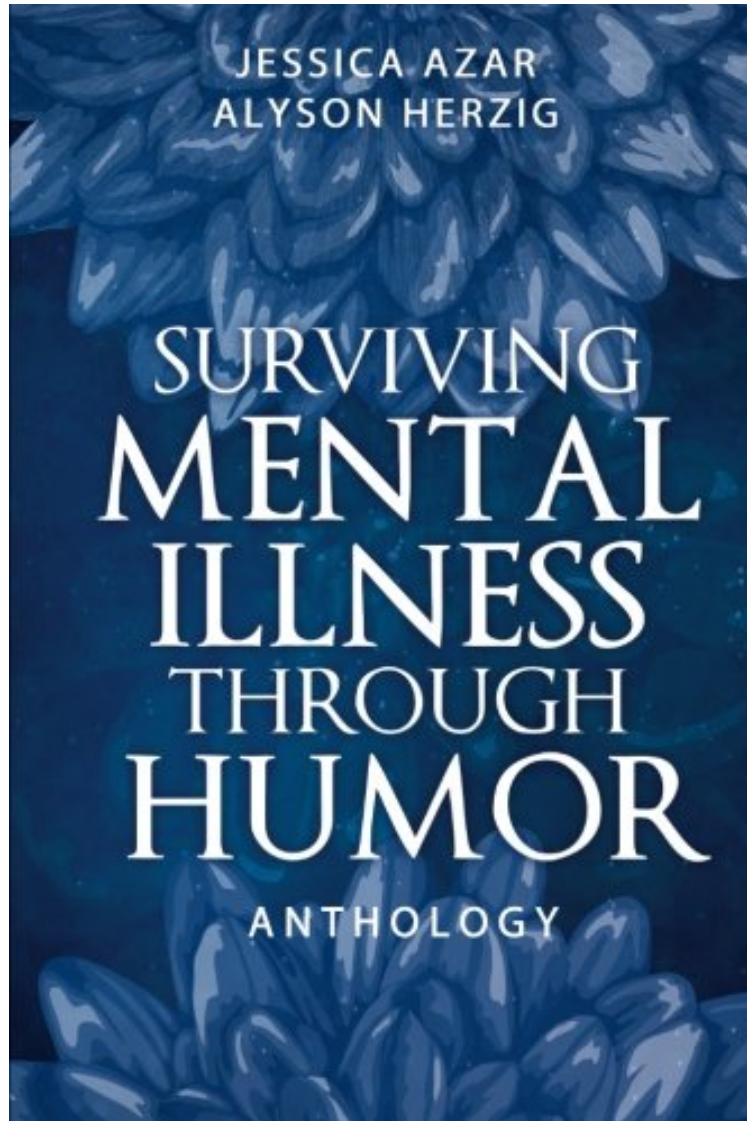


Surviving Mental Illness Through Humor

Alyson Herzig, Jessica Azar

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Alyson Herzig, Jessica Azar : Surviving Mental Illness Through Humor before purchasing it in order to gage whether or not it would be worth my time, and all praised Surviving Mental Illness Through Humor:

5 of 5 people found the following review helpful. This will resonate with everyone! Incredible book, imperative message.By B.TELI was thrilled and honored to receive an advanced copy of this book to read. I knew it was going to be amazing, but I didn't know how deeply it would resonate with me. The essays are raw, honest, sometimes gut-wrenching, sometime hilarious....but always, always touching. The solidarity this book will provide those suffering with mental illness is limitless and imperative, not to mention how much insight it will give to those who don't suffer. I

think their delicate use of humor - not too much, not too little - was perfection, and sent a clear message: humor is a must-have tool for navigating the rough waters of mental illness. Bravo to the contributors for their honesty and beautiful writing. 3 of 3 people found the following review helpful. Counselor plans to recommend SMITH to her own clients

By Jean S. Terrien I bought this book because my niece has an essay in it (good job, KEG!), but I continued to read it because the essays are frank, no-holds-barred stories about what mental illnesses of all sorts look like. One common feature in these stories was the loneliness/isolation/fear of sharing that so many women with mental illness experience. It is hard to admit that we aren't perfect, but in each story the writer only began to recover and flourish once she climbed over her self-constructed fence and admitted that she wasn't in fact perfect. I'm a mental health counselor, and I plan to recommend this book to my clients who are struggling with coping skills that just aren't working anymore.

1 of 1 people found the following review helpful. This should be required reading for absolutely everyone . . .

By Eric W. This is absolutely the most amazing book on the subject of mental illness that I have ever read, and I've read more than a few! Having battled my own demons for many years and experienced more than just a little of some of the things covered in this book, I'm well aware of the stigma, shame and sense of being all alone while facing those demons. This book takes all of that away by letting the sufferer know that not only are they not alone, but that what they are feeling is not new and there are ways to get past them or live around them. I recommend this book for EVERYONE, not just those suffering from mental illness, but for their friends, family, loved ones and even their therapists, because the descriptions and experiences given in this book are better than any you will find in any text book. It should be required reading for anyone entering the psychology field. I'll be ordering this book in bulk to give out as Christmas presents this year. From the first page of this book to the last, I felt as if I was in a "safe room" having a group therapy session with a bunch of people I have grown to love over time, some of whom I actually have, through the magical blogosphere and all of its resident misfit toys. Even the writers I haven't met yet, I feel a personal connection to, and you can bet that each and every one has been added to my list of regular places to go read. Make no hesitation in getting this book. You'll be glad you became a part of what I've come to term the "SMITH method" of coping.

If you're living with a mental illness, you're in good company. Disease doesn't discriminate; One in four people suffer from mental illness, and yet the stigma still remains. *Surviving Mental Illness Through Humor* contains stories of hope, despair, and hilarity by writers who are walking the mental health journey, as they discuss their experiences with Depression, Anxiety, Bipolar Disorder, Anorexia, Agoraphobia, Panic Disorder and more. While the lows of living with mental illness can be devastating, the disease doesn't define the lives of these contributors, and it doesn't have to define yours, either. Some of these essays will make your heart ache, some will make you cry with laughter, but in reading this Anthology you will see that living with mental illness doesn't equal a life of endless misery. Join us as we 'laugh stigma into submission' by growing attitudes of acceptance and compassion.