



Is There Room For Me, Too?: 12 Steps & 12 Strategies for coping with mental illness

Deborah Fruchey

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Do It Yourself Sanity with a Four Star Rating

The difference between the patient who recovers and the patient who revolves in and out of hospitals lies in the steps that person takes, every day, to stay sane and balanced. This book is bursting with practical things you can do at home for major mental illness such as Bipolar Disorder or Depression.

Find out:

- how to learn what your triggers are - and avoid them
- how to survive suicidal thoughts
- how to use your environment to bolster your sanity
- how to get the most from bureaucracies and agencies
- what to do if psychosis hits you in public
- rules of the road for couples when one has a disorder
- how to build a new identity you can be proud of

Draw on the wisdom of dozens of interviews. Benefit from the psychological methods pioneered by Alcoholics Anonymous. The author is a patient stabilized for over 20 years, writing under the oversight of Clinical Psychologist Dr. David Kallinger. An ideal resource for families, caregivers and professionals who want to understand the challenges their loved ones face.

FOREWORD CLARION REVIEW

“Four stars out of five...Fruchey’s sensitivity to differences in opinion and life situations will help make the book pertinent to a wide range of people...although it targets mentally ill readers, this book will also benefit relatives and friends and help mental health professionals better understand their patients. Overall, it provides practicable, well-presented information.

Self help books for people with mental illness are scarce. As readers with mental illness follow Fruchey’s suggestions, they make room for themselves in a society that is reluctant to accept them.”

NAMI ADVOCATE

“Fruchey guides the reader toward recovery by beginning with the most basic step - accepting that you have a mental illness - to the last step: finding your purpose in life beyond your mental illness. She provides helpful advice while including stories and quotations dealing with various issues...a therapeutic map to

guide the reader toward a better quality of life.”

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From reader reviews:

Peter Clark:

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Kevin Shepherd:

Book is to be different for every grade. Book for children until eventually adult are different content. As we know that book is very important usually. The book Is There Room For Me, Too?: 12 Steps & 12 Strategies for coping with mental illness seemed to be making you to know about other know-how and of course you can take more information. It is rather advantages for you. The e-book Is There Room For Me, Too?: 12 Steps & 12 Strategies for coping with mental illness is not only giving you a lot more new information but also for being your friend when you sense bored. You can spend your spend time to read your e-book. Try to make relationship with the book Is There Room For Me, Too?: 12 Steps & 12 Strategies for coping with mental illness. You never truly feel lose out for everything should you read some books.

Tom Carter:

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Ruth Vazquez:

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