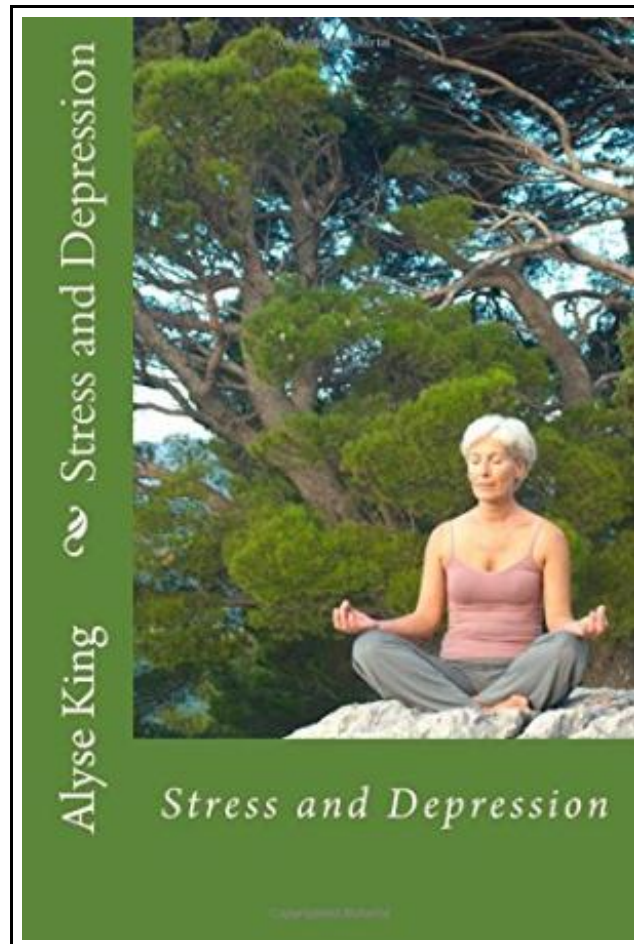


Stress and Depression: A Mother s Success Story Coping with Stress, Depression and Stigmas



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Reviews

This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer composes this pdf.

(Ryder Nolan)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is my journey of how I coped with major depression and stress while caring for my son battling schizophrenia and bipolar, and my daughter struggling with bipolar disorder. My story is one of strength and courage battling impossible odds to coping and overcoming major mental illnesses. Like any other illness, knowledge and early detection of mental illness is vitally important to prevent years of pain and hardships. Unfortunately, the symptoms during the early stages of mental illness are truly deceptive and confusing. They are unsuspecting and gradual, which makes it impossible to detect them as the beginning signs of mental illness. My experience shows the importance of learning and understanding early signs of mental illness. Many Americans recognize the illnesses only when these illnesses have slipped far from reality, such as having a horrible breakdown. This is a story for any family who confronts difficulties with mental illnesses or any American living with the economic realities of 21st Century America, which may cause mental breakdown. It is an inspirational book of faith and hope, and the bravery of not giving up or giving out. Stress and Depression details my coping while caring for my son and daughter struggling with mental illnesses. It is impossible to imagine a journey into a life with not just the struggles with paranoid schizophrenia and bipolar disorders, but also struggling with stress and depression. It is a journey happening to someone else s family. It is a journey that is, at times, embarrassing to tell. It is a journey that is all too heart breaking. At times, I felt that death would have been more comforting than living with the struggles and...



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