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Recovering and Rebuilding from a Severe Mental Illness

Jim Stout

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Recovering and Rebuilding from a Severe Mental Illness

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Recovering and Rebuilding from a Severe Mental Illness Jim Stout
Learn life-saving tips from a fellow struggler who has "been there."

Are you tired of merely existing from day to day with your illness? Want to move from dwelling on, "Why me?" to thinking, "What can I do to make the best of it?"

In this raw, honest book, Dr. Stout shares his personal testimony and shares practical steps you can take to overcome the effects of mental illness in your own life.

Don't just survive--Thrive!

NOTE: A SIMPLIFIED PDF VERSION OF THIS BOOK IS AVAILABLE FOR FREE AT THE AUTHOR'S WEBSITE, DRJIMSTOUT.COM.

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