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The Tree of Happiness

Cynthia Stevison

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The Tree of Happiness Cynthia Stevison
There is a mental health crisis in our country today. Few people realize mental disorders can be treated and managed. Recovery is possible. The Tree of Happiness explores the stigma and discrimination surrounding mental illness. This story offers encouragement and empowerment to those willing to accept it and climb into their true potential. This book converts decades of personal and professional healing strategies into a proven process that equips readers with the tools to create their own Tree of Happiness. Readers will Discover how to unveil the roots that bind them. Find answers to help those that suffer from mental illness. Experience comfort that they are not alone. Discern how mental disorders can be managed. Unpack how recovery is possible.

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