



What a Life Can Be: One Therapist's Take on Schizo-Affective Disorder.

Carolyn Dobbins Phd

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What a Life Can Be: One Therapist's Take on Schizo-Affective Disorder. Carolyn Dobbins Phd

A fascinating look into the world of schizo-affective disorder which, at times, is funny, heartbreaking, but above all uplifting. Dr. Carolyn Dobbins describes the onset and progression of this debilitating disease and gives readers hope. The book breaks through the stigma as mental illness affects us all. Included at the end are facts about serious mental illness, the 6 A's of self help and Dr Dobbins' message to her counseling colleagues who may be surprised, as all readers will be, by the ending. In an advance review, the National Alliance on Mental Illness said this book is told in an unorthodox but very effective manner." and that "people are more than their illness". Dr E Fuller Torrey, author of Surviving Schizophrenia, said "an inspiration for all who have ever experienced psychosis" Dr. Thomas G Burish, a professor of psychology and Provost of Notre Dame University said this book is "powerful and revealing, and provides a unique insight into chronic mental disease". He added that the book is "a probing, liberating story"

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