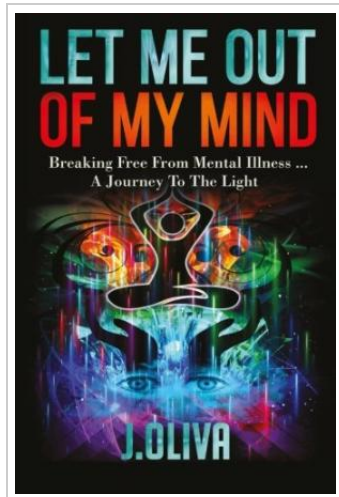




Let Me Out of My Mind: Breaking Free from Mental Illness. a Journey to the Light (Paperback)

By J Oliva

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.After several suicide attempts and a severe nervous breakdown, Jenny was eventually diagnosed with three different types of severe mental illnesses: depression, bipolar disorder, and one of the most controversial and misunderstood called multiple personality disorder. This book chronicles her extraordinary path to a complete recovery in only ten months after learning secret techniques to reprogram her mind and counteract years of negative conditioning-techniques that no doctor or medication managed to accomplish in 14 years. As she undergoes a painful and grueling self-discovery process, she ventures on a journey to help others understand what she learned and teach them exactly what she did; in hopes of helping others to achieve the same results as her. This is a compelling and brilliant book of determination and survival that will keep you engrossed and yearning to know more. You don't have to be a mental illness sufferer to reap the valuable benefits of the truthful lessons contained in this book.

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