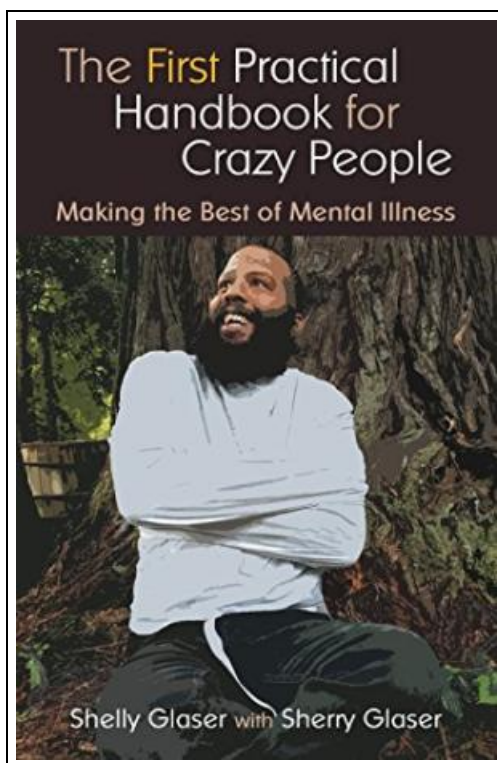


The First Practical Handbook for Crazy People: Making the Best of Mental Illness (Paperback)



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

(Mr. Johnathon Dach)

THE FIRST PRACTICAL HANDBOOK FOR CRAZY PEOPLE: MAKING THE BEST OF MENTAL ILLNESS (PAPERBACK)

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Sheryl Glaser, 2016. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. The Practical Handbook is a Tool Kit for anyone grappling with mental instability, as most of us are. Shelly and Sherry Glaser share deeply personal anecdotes and profound discoveries about the roots of the trauma that drove them crazy in the first place. This is a simple, direct, do it yourself, instructional on how to be happy and thrive even if you are crazy. Included in the back of The Handbook is a 4 part questionnaire created by Shelly Glaser that with proper administration is a valuable tool for anyone lost, confused or wondering why they are here on earth, including basic themes of Who are You? Why were you born? and more. The First Practical Handbook was written in 2009 by Shelly Glaser as a guide to mental health from someone with a life time diagnosis of Manic Depressive. Shelly died in 2010 of Renal Failure, but asked her daughter Sherry to publish post mortem. Sherry, busy with her big life as an actress, writer, political activist, mother and now grandmother could not resurrect the project till 2015 when she heard her mother s voice calling her to it. Instead of seeing this as a case of delusions she set about editing her mother s basic draft and then decided to add her own experience seeing that the mother daughter continuum was something that had not been explored especially in relationship to hereditary mental illness. Throughout her life, Sherry had plenty of opportunities to go nuts, but she had cultivated skills, some by witnessing her mother s expertise, and medicines to help her not only stay sane,...



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