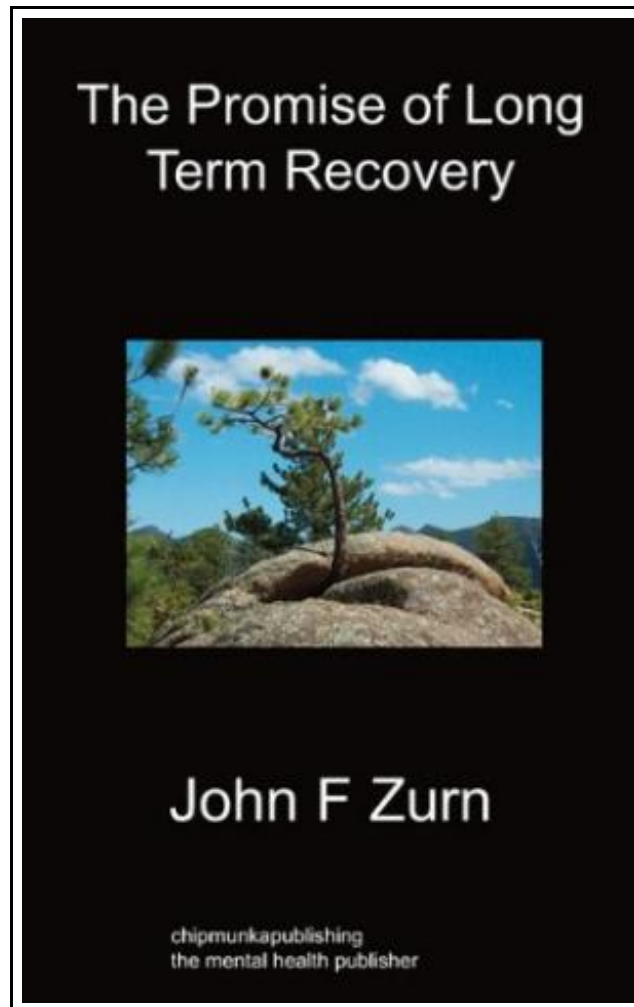


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THE PROMISE OF LONG TERM RECOVERY (PAPERBACK)



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Chipmunkpublishing, United Kingdom, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Description The first half of the book, The Promise of Long Term Recovery, explains many unique and potentially useful ideas relating to the understanding and acceptance of mental illness. These ideas are divided into five chapters that include: medication decisions, coping skills, psychological concepts, creative development, and spiritual evolution. These topics are specifically discussed from the perspective of one who has been deeply affected by a major mental illness. They also provide alternative interpretations and solutions to help promote long term recovery. The second half of the book is a novella called Mystery of the Thought Healer; and it describes, in story form, some of the ideas expressed in the first section of the book. It is meant to explore various principles of character and theme as they relate to psychology, creativity, and spirituality. About the Author John Zurn has been faced with the challenge of bipolar manic depression for his entire adult life. Despite this challenge, he has still managed to work and write for over thirty years. As a teacher and rehabilitation counselor, he has also helped others find a sense of hope and purpose. Now, as a member of the speaker s bureau for The National Alliance on Mental Illness (NAMI of Dupage), Zurn has given well over a hundred presentations that have included: hospitals, medical schools, universities, nursing schools, high schools, senior centers, and radio interviews. Zurn credits his long term recovery to acceptance, symptom management and the willingness to learn from his mistakes. Zurn was born in 1954, and has an M.A. in English from Western Illinois University. He lives in Geneva, Illinois with his wife, Donna.



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