



## It's All about You: A Guide to Good Mental Health and Wellness (Paperback)

By Ph D Cynthia Rapazzini

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Life has many experiences for which we rejoice and celebrate. Challenging situations present and sometimes the answer or solution requires a go to resource. Mental health conditions and concerns are often one of the challenges we face and need information. Where do you start? What do you do about it? Who can help? When my son was diagnosed with a serious illness, it was an extremely difficult time. I found myself experiencing anxiety, and depression that I never had before. I share my story because it was real and I know others have experienced similar life changing events. This book provides information regarding mental health concerns. The topics covered address many concerns that affect men, women, and even children to include: misconceptions, diagnosis, counseling/therapy, various helping professionals and their roles, medication management, client/therapist relationship, the therapy process, and mental wellbeing. The clinical terminology used is explained to provide understanding. I provided real-life situations that many will identify with or may have experienced. As a result of reading this book, you will gain knowledge about mental health concerns. Ultimately, you will be better prepared...



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### Reviews

*Very good electronic book and useful one. it absolutely was writtern extremely completely and useful. You will not feel monotony at at any moment of your respective time (that's what catalogs are for relating to when you question me).*

-- **Prof. Noah Zemlak DDS**

*Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.*

-- **Mrs. Macy Stehr**