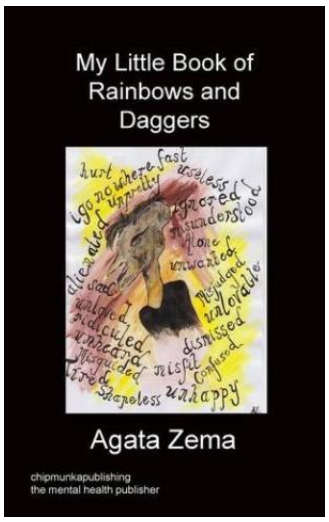

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My Little Book of Rainbows and Daggers

By Agata Zema

Chipmunka Publishing, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This adult, non-fiction book is based on mental health and illness. It is well thought out, wonderfully presented, simple and yet informative, a reference for everyone, without the stuffy terminology, which the author has been able to define and describe , deceivingly effortlessly. It also includes real stories by real people, including one from the author, who on a daily basis are challenged by mental health issues, whether directly or indirectly, to seek an avenue that can lead to a happy and fulfilling life. Essentially there are two parts, the daily, real life struggle and the define and describe reference. This little pocket sized book is designed to help the reader understand the basic differences between the more common mental health problems, which in turn should provide the much needed information to create accurate community awareness. The real stories will in turn, give a real insight into how life can be for so many people. The biggest challenge faced by people who survive or suffer from mental illness is the ignorance of the community and even those...

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