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Experience; Attitude of Family and Friends; The Disease Course; Treatment; References; 2 Mood Disorders; Introduction; Questions for Reflection; References; Depressive Disorders; Depression: Disease, Loneliness, Social Isolation, Suicide, Negative Thoughts ...; My Confession: My Life Had Come to a Stop; Willow Weep for Me-A Black Woman's Journey Through Depression; I Wish I Had Gotten Help Sooner: My Struggle With Postpartum Depression; My Journey Through Postpartum Depression; Bipolar Disorders  
Living With the Dragon: The Long Road to Self-Management of Bipolar II  
My Journey Had Truly Begun; Before Things Get Better They Sometimes Get Worse; As My Eyes Meet Those of the Dragon It Realises That I Am Going to Kill It and, for the First Time in My Life, It Is Scared; References; On Madness: A Personal Account of Rapid Cycling Bipolar Disorder; What Is It Like to Live With This Condition on a Day-by-Day Basis?; Random Scribbles on Bipolar Disorder; 20:20 Hindsight-Monday, November 19, 2007; Becoming the Ups and Downs-Monday, November 19, 2007; Dark Winter Days-February 2009  
Stress: Our Worst Enemy-February 2008  
Finding Sense in It All-May 2008; The Mind's Sense of Freedom-June 2008; Consistency is Key-February 2008; Being Bipolar: Living on Both Sides of the Coin; 3 Anxiety Disorders; Introduction; Questions for Reflection; References; Panic Disorder; You Have Anxiety?; Susan's Story; Phobias; On the Outside Looking In; Mysophobia; Food Anxiety; Other Germs; Cleaning; Family and Friends; Feelings; How Others Can Help; Obsessive-Compulsive Disorder (OCD ); Flux; Example of the Hand-Washing Dilemma; Practicing Imperfection; The Cognitive Maze  
Suspension of Disbelief

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#### Sommario/riassunto

In First Person Accounts of Mental Illness, case studies of individuals experiencing schizophrenia, mood disorders, anxiety disorders, personality disorders, substance use disorders, and other mental ailments will be provided for students studying the classification and treatment of psychopathology. All of the cases are written from the perspective of the mentally ill individual, providing readers with a unique perspective of the experience of living with a mental disorder. "In their book First Person Accounts of Mental Illness and Recovery, LeCroy and Holschuh offer the student, res

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