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Autore	Hankir Ahmed
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Nota di contenuto	Cover -- Title Page -- Copyright Page -- Contents -- About the Author -- Preface -- Introduction and Mission Statement -- Mission Statement -- Chapter 1 Seeking Sanctuary -- Chapter 2 Identity Formation and Fragmentation -- Chapter 3 Disillusionment -- Chapter 4 Breaking Point -- Chapter 5 Recovery and Discovery -- Discovery. . . -- 'Don't treat someone as a priority who only treats you as an option. . .' -- Chapter 6 Bittersweet -- Chapter 7 The Wounded Healer -- Chapter 8 Canaries in a Coal Mine -- Chapter 9 Dancing in the Dark -- Chapter 10 Reframing -- Chapter 11 Firefighting -- Chapter 12 Sorrow in the Holy Land -- Acknowledgements -- Index -- EULA
Sommario/riassunto	Dr. Ahmed Hankir's book is a poignant exploration of mental health challenges and recovery. It offers a deeply personal narrative, drawing from the author's own experiences with mental illness, to highlight the pervasive stigma and systemic failures in mental health care. The book serves as both a critique of societal attitudes toward mental health and a source of hope, advocating for greater awareness, better resources, and more compassionate care. It is a valuable resource for individuals living with mental health conditions, their families, and mental health professionals, aiming to inspire resilience and transformation through

shared stories of adversity and recovery.

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