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| 1. Record Nr.           | UNIPARTHENOPE000018440  |
| Autore                  | Garrity, Thomas A.  |
| Titolo                  | All the mathematics you missed : but need to know for graduate school / Thomas A. Garrity |
| Pubbl/distr/stampa      | Cambridge : University Press, 2002  |
| Titolo uniforme         | All the mathematics you missed  |
| ISBN                    | 0521797071  |
| Descrizione fisica      | xxvii, 347 p. ; 24 cm   |
| Disciplina              | 510   |
| Collocazione            | M 510/59  |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| 2. Record Nr.           | UNINA9911019482803321   |
| Autore                  | Hankir Ahmed Zakaria  |
| Titolo                  | Breakthrough : A Story of Hope, Resilience and Mental Health Recovery                     |
| Pubbl/distr/stampa      | Newark : , : John Wiley & Sons, Incorporated, , 2024<br>©2024                             |
| ISBN                    | 9781907312762<br>1907312765<br>9780857089670<br>0857089676<br>9780857089687<br>0857089684 |
| Edizione                | [1st ed.]   |
| Descrizione fisica      | 1 online resource (274 pages)   |
| Disciplina              | 616.80092   |
| Soggetti                | Mental health<br>Stigma (Social psychology)   |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |

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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

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## 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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