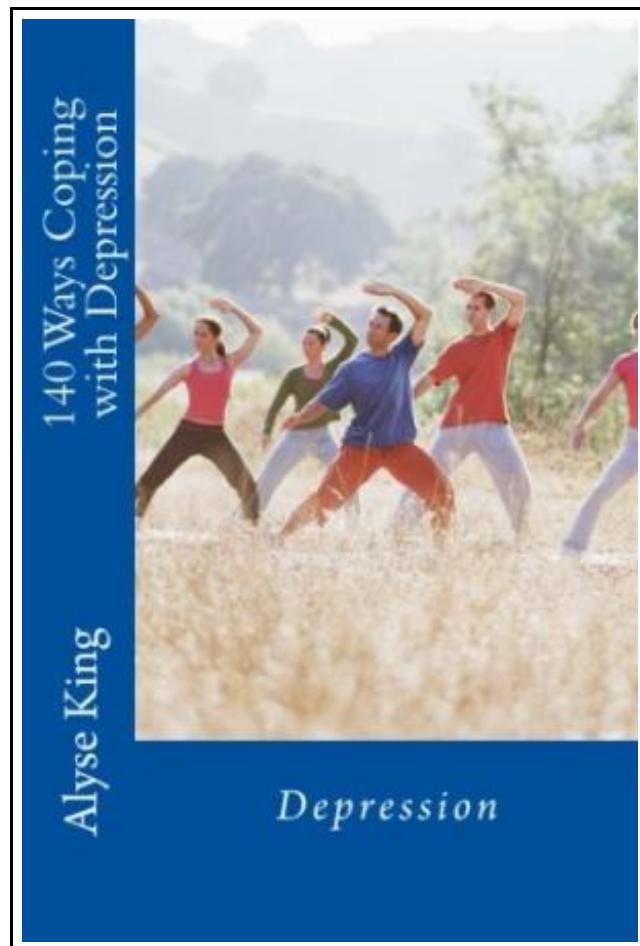


## My 140 Ways Coping with Mental Illness: How a Mother Coped with Stress, Depression and Stigmas



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### Reviews

*Merely no terms to spell out. It really is rally exciting throgh reading through period. Your daily life period is going to be enhance as soon as you complete looking over this ebook.  
(Yvette Marquardt)*

## MY 140 WAYS COPING WITH MENTAL ILLNESS: HOW A MOTHER COPED WITH STRESS, DEPRESSION AND STIGMAS

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 80 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. The decision that I made in my younger years to marry and have children has put me on my life's journey, which has been filled with pain and many challenges that I did not anticipate. I did not know that my children would come with a very high price tag, a price that is just too high for many parents to pay. Never in a million years would I have imagined that mental illnesses would have affected my son and daughter in the countless destructive ways in which they did. During the initial years of dealing with mental illness, it was extremely difficult for me to cope while I cared for my son and daughter as well as my other children and myself. In a world that is drenched with much self-interest, I was moved with compassion that made it easy for me to be selfless and help others especially the most vulnerable and disabled ones among us. This kind of caring for others may not come naturally to some but kindness to others can be developed. During the course of my journey there were many times when I felt sorry for me. I would pause in the middle of my negative thoughts and ask myself, How many times in the last month have I helped someone who is in the hospital, or who is in need of help. If my answer was zero, I knew instantly that I needed to, Stop complaining, and do something for someone else. It helped me to cope when I took a personal interest in others. I knew it uplifted them and gave them hope and comfort. It was a wonderful feeling...

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