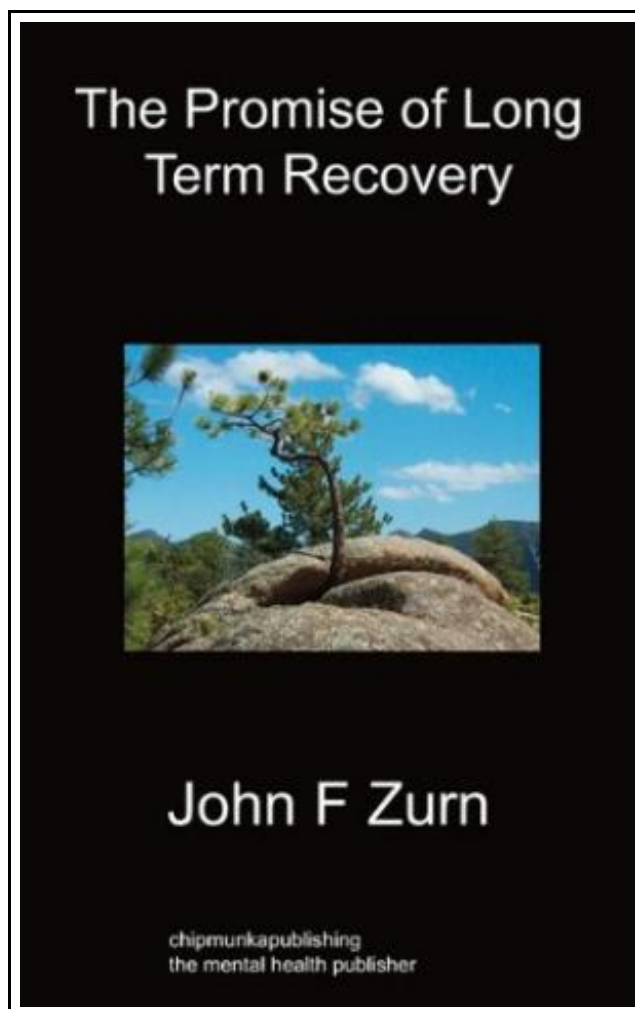


## The Promise of Long Term Recovery (Paperback)



Filesize: 9.63 MB

### ***Reviews***

*Extensive guide for ebook enthusiasts. It is definitely basic but surprises in the fifty percent from the pdf. Your life span is going to be change the instant you comprehensive looking over this ebook.  
(Audie Hettinger)*

## THE PROMISE OF LONG TERM RECOVERY (PAPERBACK)

[DOWNLOAD](#)

Chipmunkpublishing, United Kingdom, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description The first half of the book, The Promise of Long Term Recovery, explains many unique and potentially useful ideas relating to the understanding and acceptance of mental illness. These ideas are divided into five chapters that include: medication decisions, coping skills, psychological concepts, creative development, and spiritual evolution. These topics are specifically discussed from the perspective of one who has been deeply affected by a major mental illness. They also provide alternative interpretations and solutions to help promote long term recovery. The second half of the book is a novella called Mystery of the Thought Healer; and it describes, in story form, some of the ideas expressed in the first section of the book. It is meant to explore various principles of character and theme as they relate to psychology, creativity, and spirituality. About the Author John Zurn has been faced with the challenge of bipolar manic depression for his entire adult life. Despite this challenge, he has still managed to work and write for over thirty years. As a teacher and rehabilitation counselor, he has also helped others find a sense of hope and purpose. Now, as a member of the speaker s bureau for The National Alliance on Mental Illness (NAMI of Dupage), Zurn has given well over a hundred presentations that have included: hospitals, medical schools, universities, nursing schools, high schools, senior centers, and radio interviews. Zurn credits his long term recovery to acceptance, symptom management and the willingness to learn from his mistakes. Zurn was born in 1954, and has an M.A. in English from Western Illinois University. He lives in Geneva, Illinois with his wife, Donna.

[Read The Promise of Long Term Recovery \(Paperback\) Online](#)[Download PDF The Promise of Long Term Recovery \(Paperback\)](#)

## You May Also Like



### **The Diary of a Goose Girl (Illustrated 1902 Edition) (Paperback)**

Echo Library, United States, 2008. Paperback. Book Condition: New. Illustrated. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s...

[Download eBook »](#)



### **A Tale of Two Lesbians (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Lucy Winters was an orphan since her parents passed away the year before...

[Download eBook »](#)



### **Spanky the Mouse (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The biggest failure in life for any parent, or anyone raising a child...

[Download eBook »](#)



### **100+ Knock Knock Jokes: Funny Knock Knock Jokes for Kids (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Hilarious Knock Knock Jokes for Kids!Are you looking for a fun book to...

[Download eBook »](#)



### **Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hope for Autism: 10 Practical Solutions to Everyday...

[Download eBook »](#)