



# Beyond Crazy: Journeys Through Mental Illness

*Julia Nunes, Scott Simmie*

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In any given year, one in five Canadians will experience symptoms of mental disorder. So why do we still have such a long way to go towards true understanding and acceptance? Because people are afraid to talk.

*Beyond Crazy* takes us beyond the barriers of fear and stigma to meet real Canadians from all walks of life who have encountered mental illness. They tell stories of what it is like to journey to the edge of the abyss and back again, of what it is like to suffer deep psychosis or depression, a misdiagnosis, a life-threatening eating disorder, the suicide of a loved one. And they tell stories of hope recovered, of finding the road back to wellness, of families made stronger than ever.

Using the most honest and compelling language – and often a good dose of humour – brave celebrities and unsung heroes tell it like it is. By doing so, they make it easier for those who follow, easier to get past the fear, to move beyond crazy.

*From the Hardcover edition.*



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A lot of people always spent their very own free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent 24 hours a day to reading a reserve. The book Beyond Crazy: Journeys Through Mental Illness it is rather good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can more quickly to read this book from a smart phone. The price is not to fund but this book has high quality.

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