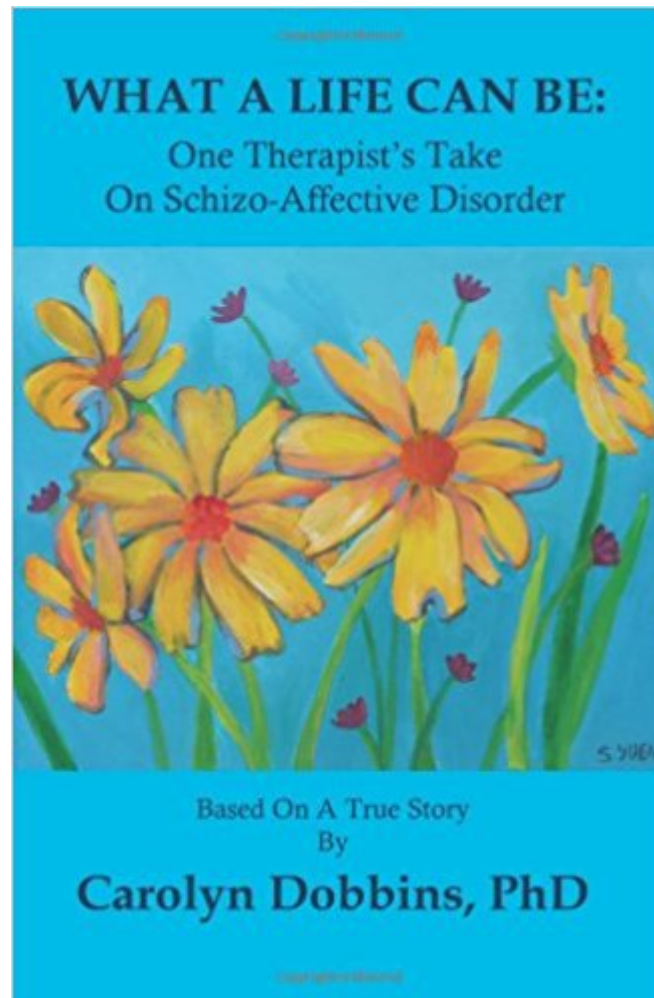




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What A Life Can Be: One Therapist's Take On Schizo-Affective Disorder.



Synopsis

A fascinating look into the world of schizo-affective disorder which, at times, is funny, heartbreaking, but above all uplifting. Dr. Carolyn Dobbins describes the onset and progression of this debilitating disease and gives readers hope. The book breaks through the stigma as mental illness affects us all. Included at the end are facts about serious mental illness, the 6 A's of self help and Dr Dobbins' message to her counseling colleagues who may be surprised, as all readers will be, by the ending. In an advance review, the National Alliance on Mental Illness said this book is told in an unorthodox but very effective manner." and that "people are more than their illness". Dr E Fuller Torrey, author of *Surviving Schizophrenia*, said "an inspiration for all who have ever experienced psychosis" Dr. Thomas G Burish, a professor of psychology and Provost of Notre Dame University said this book is "powerful and revealing, and provides a unique insight into chronic mental disease". He added that the book is "a probing, liberating story"

Book Information

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Customer Reviews

I felt so grateful for and blessed by this memoir that I emailed the author to thank her.....and I actually received a response from her!!! What a nice person she is! Our son, age 34, is schizo-affective with bipolar II, and everything I read online indicated he would never "have a life." Carolyn's experience belies this and has given us hope, although, as this book taught us, victims of this disorder come in as great variety as do people in the general, non-afflicted population. Not everyone is as smart and as ambitious as Carolyn, but there is hope for everyone, and we learned

not to allow ourselves or our son to be victimized a second time by the negative stigma that mental illness often arouses in others. Fortunately, our son had a late onset of schizo symptoms and has a college degree and years of positive social interaction, so he may have a slightly better prognosis than some. This is a must read for parents of mentally ill children.

Very great reading fast shipping brand new

Bravo for writing this book. The courage is amazing. This book helped open my eyes to some things in me. Thank you!!

I purchased this book to get a better insight with Schizo-Affective D/O. It was a very good read and insightful. As a therapist, it can be hard to put ourselves in client's shoes. This book help me see what I always believed, we are only limited by our own thoughts.

Read this book and helped me understand my schizoaffective disorder client so much more! I then gave the book to my client to read and it has helped her accept her diagnosis and feel hope. Such a great book!

Very insightful look at what it is to live with schizo-affective disorder.

Very informative and an added bonus. this book gives insight to real life problems of someone living their life as a person with this diagnosis.

Thoroughly enjoyed the process of learning About schizoaffective disorder through the life lessons described herein. Thank you for Sharing Dr Dobbins!

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