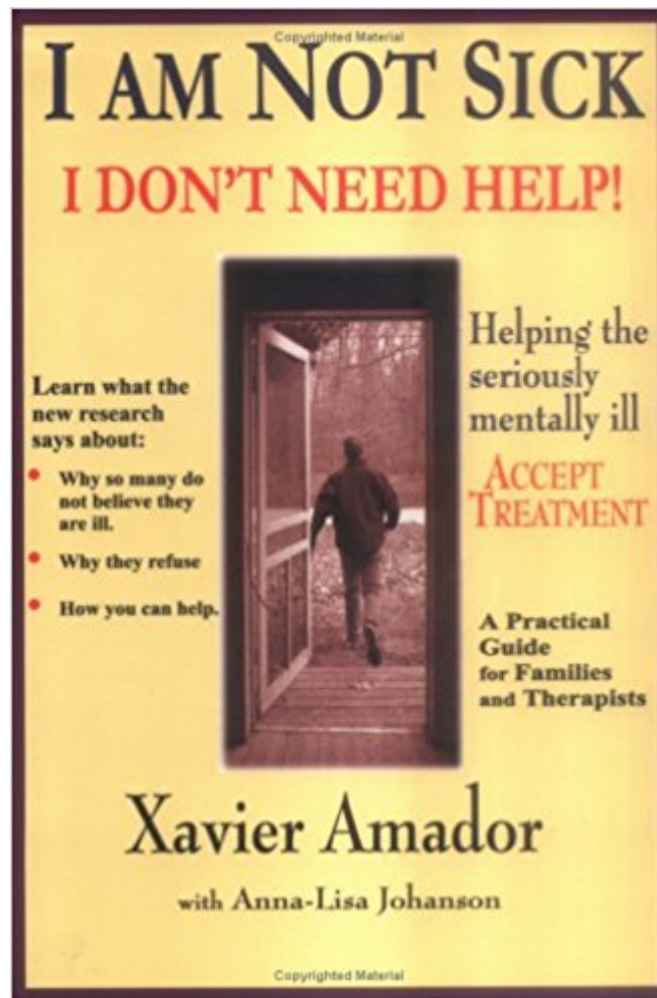




The book was found

I Am Not Sick I Don't Need Help!



Synopsis

About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment. Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness. Prepare to be surprised and to have new hope. There is much you can do to conquer denial.

Book Information

Paperback: 202 pages

Publisher: Vida Pr (June 2000)

Language: English

ISBN-10: 0967718902

ISBN-13: 978-0967718903

Product Dimensions: 0.8 x 5.8 x 8.5 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (119 customer reviews)

Best Sellers Rank: #112,332 in Books (See Top 100 in Books) #24 inÂ Books > Health, Fitness & Dieting > Mental Health > Schizophrenia #55 inÂ Books > Health, Fitness & Dieting > Mental Health > Bipolar #67 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness

Customer Reviews

(I have just read through this again, and I apologize for it being so long. If you don't want to read the whole thing, the summary is this: this book helps family and friends, particularly those who are new to mental issues, figure out what they can actually do to help in what appear to be hopeless situations, and it helps you a little bit to quit blaming yourself.)I read this book about the time that a close friend of mine fell completely to pieces -- again.He's creative, brilliant (a true "high genius"), has studied biology, is unusually knowledgeable about mental illness -- and is violently offended by any suggestion that he might have the same disease that institutionalized his mother for years and which appears to affect about a third of his close relatives (to varying degrees).There is apparently a book called the DSM that lists the exact requirements for psychological diagnoses. My friend can recite, word for word, all of the sections of this book that apply to his family's class of diseases.But he can't see that these items have anything to do with his own life.For example, he may tell you that he has all of the major signs of clinical depression, and that his mother was bipolar, and that there is a category of bipolar disease whose sole diagnostic requirements are (a) that the patient is clinically

depressed and (b) that the patient has a close relative who is bipolar, and that FOR ANYONE ELSE, this definition means that they have a sub-class of bipolar disease, BUT NOT HIM. Like many people with his disease, he has done hallucinogenic drugs because he thought that being freaked out on LSD (or dead) might be better than being depressed.

[Download to continue reading...](#)

I am Not Sick I Don't Need Help! You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) Communion of the Sick: Approved Rites for Use in the United States of America Excerpted from Pastoral Care of the Sick and Dying in English and Spanish Water: For Health, for Healing, for Life: You're Not Sick, You're Thirsty! That's Not Funny, That's Sick: The National Lampoon and the Comedy Insurgents Who Captured the Mainstream What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Don't Miss Out: The Ambitious Student's Guide to Financial Aid (Don't Miss Out, 25th ed) Don't Let Your Headache Ruin Your Sex Life: "Honey, I Don't Have a Headache Tonight" Don't Give Up...Don't Ever Give Up: The Inspiration of Jimmy V--One Coach, 11 Minutes, and an Uncommon Look at the Game of Life Winners Don't Whine and Whiners Don't Win Awkward Moments (Not Found In Your Average) Children's Bible - Vol. 2: Don't blame us - it's in the Bible! (Volume 2) Targeting Autism: What We Know, Don't Know, and Can do to Help Young Children with Autism and Related Disorders Quick & Healthy Volume II: More Help for People Who Say They Don't Have Time to Cook Healthy Meals, 2nd Edition Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook) You Can Beat Prostate Cancer: And You Don't Need Surgery to Do It Who Need Headaches?: Why Suffer -- If You Don't Have To? The Global Achievement Gap: Why Even Our Best Schools Don't Teach the New Survival Skills Our Children Need; and What We Can Do About It

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help