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Cry Depression, Celebrate Recovery: My Journey Through Mental Illness

By Barbara Altman

iUniverse, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Advance Praise for Cry Depression, Celebrate Recovery (This) book is a model of hope. Growing up with an alcoholic father, she struggled with depression, eating disorders, and psychosis. She is a gifted and talented musician with a lovely sense of humor. This is the story of one woman who would not take no for an answer. She has left no stone unturned in her pursuit of wholeness. She has transformed her life with the help of God and many caring people. -Caroline Penberthy, MSW, LCSW I love Barbara Altman's book on her recovery from mental illness. I'm going to use the book with my clients, and I will recommend it to anyone with a mental illness. -Marigene DaRusha, Minister, Center for Spiritual Living, Maryland Heights, Missouri Barbara Altman has shared the harrowing experiences of her life in a way that sheds light on mental illness and alcoholic family systems and the influence of both on a person's development. It also sheds light on the fact that help is often not available to children...

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