



## How I Conquered Schizophrenia

By Nancy Stackhouse

Balboa Press, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The causes of schizophrenia are many, including extreme stress, chemical imbalance, reaction to drugs, genetic predisposition, isolation, low self-esteem, and even a damaged or weakened aura (a supposed emanation surrounding the body of a living creature viewed by mystics, spiritualists, and some practitioners of complementary medicine as the essence of the individual and allegedly discernible by people with special sensibilities). My personal onset of schizophrenia and depression at age forty-two was caused, I believe, by a combination of the above. Through the caring help of family, friends, medical doctors, healers, and my own insights and intuitions, I was able to become completely free of the symptoms of schizophrenia and all antipsychotic and antidepressant medications used to treat the illness. Most influential and important to my healing and recovery, however, was the utilization of both borrowed and original strategies that keep me healthy to this day. The sharing of these strategies, which include identifying one's gifts; relying on family members, friends, and caregivers; improving one's self-esteem; identifying one's authentic self; connecting with healers; being in...



READ ONLINE  
[ 3.1 MB ]

### Reviews

*This publication is definitely not effortless to get going on reading through but really exciting to read through. it was actually writtern really properly and beneficial. I am just very easily could get a delight of reading through a created publication.*

-- **Gino Jerde Jr.**

*This created book is wonderful. This is for all those who statte that there was not a worth reading. Your way of life span will likely be enhance as soon as you comprehensive looking at this publication.*

-- **Jesse Yundt**