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What's Normal Anyway? Celebrities' Own Stories of Mental Illness

By Anna Gekoski, Steve Broome

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, What's Normal Anyway? Celebrities' Own Stories of Mental Illness, Anna Gekoski, Steve Broome, Nobody is immune from mental ill health, not even celebrities .We all know someone who suffers from mental illness. It may be a family member, friend, neighbour, or colleague. Now or in the future, it might be you. Here, for the first time, ten celebrities share their experiences of conditions including depression and anxiety, bipolar disorder and OCD, eating disorders and body dysmorphia. From Premiership footballer Dean Windass, to TV presenter Trisha Goddard, their candid first-person accounts detail the day-to-day reality of living with a mental health disorder, as well as the nervous breakdowns, stays in psychiatric hospitals, and suicide attempts. They also show that, ultimately, mental illness need not limit achievement, happiness, and fulfilment in life. These frank and honest stories help us to better understand mental illness, offer practical coping strategies, and give encouragement and solace for everyone out there who feels they are suffering alone. What's Normal Anyway? shows that nobody is immune from mental ill health and shares powerful messages of positivity and hope. Contributors include: Bill Oddie, Alicia Douvall, Alastair Campbell, Stephanie...



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Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

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