



My 140 Ways Coping with Mental Illness: How a Mother Coped with Stress, Depression and Stigmas

By Ms Alyse King

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 80 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. The decision that I made in my younger years to marry and have children has put me on my life's journey, which has been filled with pain and many challenges that I did not anticipate. I did not know that my children would come with a very high price tag, a price that is just too high for many parents to pay. Never in a million years would I have imagined that mental illnesses would have affected my son and daughter in the countless destructive ways in which they did. During the initial years of dealing with mental illness, it was extremely difficult for me to cope while I cared for my son and daughter as well as my other children and myself. In a world that is drenched with much self-interest, I was moved with compassion that made it easy for me to be selfless and help others especially the most vulnerable and disabled ones among us. This kind of caring for others may not come naturally to some but kindness to others can be developed. During...



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[7.4 MB]

Reviews

I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.

-- **Merritt Kilback II**

Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Angela Blick**

See Also



[The Whale Tells His Side of the Story Hey God, I've Got Some Guy Named Jonah in My Stomach and I Think I'm Gonna Throw Up](#)

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



[Animalogy: Animal Analogies](#)

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in. Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible animals... bat is to...



[Eagle Song Puffin Chapters](#)

Puffin. Paperback. Book Condition: New. Dan Andreasen (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 4.9in. x 0.3in. A contemporary middle grade story about confronting bullying and prejudice. Danny Bigtrees family has moved to Brooklyn, New York, and he just can't seem to fit...



[The Stories Julian Tells A Stepping Stone Book™](#)

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at telling stories. He can make people especially his...



[DK Readers Robin Hood Level 4 Proficient Readers](#)

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in. Discover the rollicking exploits of Robin and his merry men as they take from the rich and give to the poor. Join Robin Hood and...



[Absolutely Lucy #4 Lucy on the Ball A Stepping Stone Book™](#)

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in. Ilene Coopers fourth story of a boy and his beagle takes Bobby and Lucy into the wild playing fields of grade-school...