



## 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 lifes 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...



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