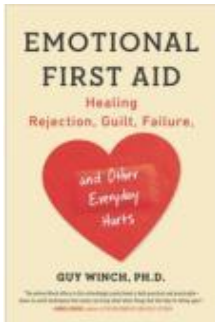
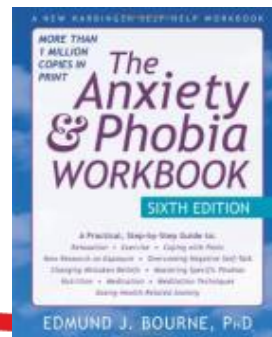


#MyVoice: What mental health resources have you found useful for you and your family?



This is the good little book from Guy Winch who teaches how to take care of emotional injuries, that everyone experience, before they become big ones. So appropriate and helpful!

Science based, for everyone, concrete descriptions of problems and solutions placed in order... I like that it raises awareness about little emotional injuries we all experience through our life.



Other comments

“Unfortunately, there is no magic pill that can cure mental illness. It's not like cholesterol where they can give you a blood test to find out what's wrong.”

“Maybe by the time I finish the book I will finally seek [help] and start to be able to cope a little easier. Never underestimate the power of a resource.”

“Reading about a broken leg won't heal your leg and reading about mental illness won't either heal your brain, it is so much more complicated than that.”

(families engaged=40)