



## My Battle with Mental Illness Personified: Rejected, Ignored, Thrown Away

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By Nemasa Asetra

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 62 pages. My Battle With Mental Illness Personified: Rejected, Ignored, and Thrown Away is an autobiography about an African-American woman's struggle with schizoaffective disorder and clinical depression. She candidly talks about how she struggles with mental illness and also how she struggles with staying compliant with her medications and treatment. She talks about her experiences and the formation of mental illness in her life. She highlights the fact that she showed marked signs of mental illness prior to her first nervous breakdown. She adds to the story that information about her perceived rejection from family, friends, co-workers and others. She then adds a note of inspiration and shares her strong faith in God with the reader. She ends with a note of advice to her fellow mental health peers and tells others about the majority of the African-American community ignores the problems of the mentally ill and how the top scholars in the field of African Centered thought and Black Psychology who are of African descent attribute mental illness to being a white man's disease and do not carefully structure treatment plans for victims of mental illness who...



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