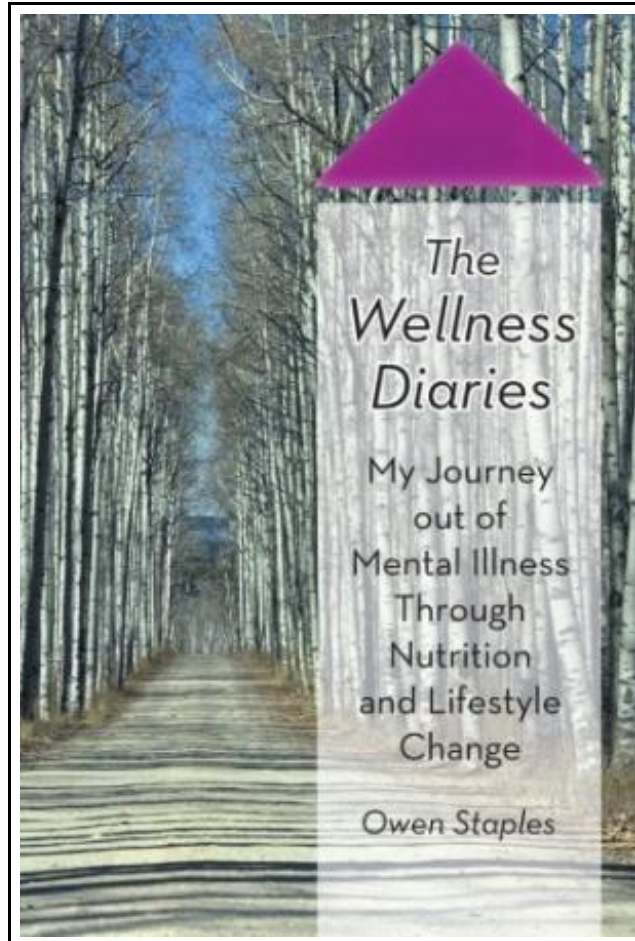


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Reviews

I actually started off looking over this publication. Indeed, it really is play, nevertheless an amazing and interesting literature. Its been printed in an exceedingly basic way and is particularly just right after i finished reading this ebook by which actually altered me, affect the way i believe.
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THE WELLNESS DIARIES: MY JOURNEY OUT OF MENTAL ILLNESS THROUGH NUTRITION AND LIFESTYLE CHANGE (PAPERBACK)



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iUniverse, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Wellness Diaries takes readers on a unique roller coaster journey through the eyes of a paranoid college student while battling mental illness, to the darkness of planning suicide, to a remarkable recovery. It offers an account of the author's experience of mental illness-early symptoms, diagnosis, battle with medications, and a plan to end the pain. The book takes an about turn as the journey is observed and tracked, from despair and suffering, to inspiration, adventure, contagious enthusiasm, and rebuilding a life, one step at a time, through reclaiming health. It includes persuasive arguments as to why health is a choice, and it offers a unique approach to health and wellness from the standpoint of lifestyle, including essential fundamentals such as a plant-based diet, quality sleep and outside activity. It discusses some aspects of health which are sometimes overlooked. I feel mountain ranges above my dark times. Those days are in the past, and so distant from me now, that looking back upon them seems as if I have woken up from a really bad nightmare. Readers will be touched with tears and laughter, and may wonder when Owen catches a break. Experience his in-depth sincerity in accounting the exact events which shaped this man's recovery from mental illness into a new life filled with gratitude and genuine love for life, the Earth, and all living things, and with a new outlook as a botanist and a naturalist. The Wellness Diaries is a book which offers a contagiously inspiring outlook on health, available as a choice.

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