



# **The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life**

*David Grant Miller*

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## **The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life**

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The Mentally Ill Mentor is an inspiring true story - a MUST read for anyone affected by a Mental Illness.

Based on principles of self-love, self-trust, and unconditional self--acceptance, The Mentally Ill Mentor will guide you (or a loved one) through the process of overcoming your Mental Illness and achieving a state of Life-Long Mental Wellness & Success.

So how is The Mentally Ill Mentor different than all the others on the shelf?

1. The Mentally Ill Mentor takes you "inside" the mind of someone who has actually struggled with and overcome a mental illness.
2. The Mentally Ill Mentor provides a step-by-step program for empowering you (or a loved one) to take control of your life.

What will I learn?

Things you will NOT learn are techniques such as: how to ditch your doctor, avoid seeing your psychiatrist, or escape being institutionalized.

What you will learn, is the how to take responsibility for your illness and become empowered to overcome it. Instead of feeling depressed, angry, irritable and emotionally up and down, The Mentally Ill Mentor will help you achieve a life that looks more like this:

- The fear of "threat" of a Mental Illness is no longer an issue for you
- You love yourself, the person you have become, and the even better person you are striving to be
- Relationships with the most important people in your life are great and improving every day
- You enjoy life and are up to the task when it comes to overcoming challenges
- Self-love, self-trust, and unconditional self-acceptance is a part of who you are
- You have become accustomed to each day being filled with a quiet inner peace and happiness.

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#### **Eva Oleary:**

Information is provisions for those to get better life, information presently can get by anyone at everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider whenever those information which is within the former life are challenging to be find than now is taking seriously which one is acceptable to believe or which one the actual resource are convinced. If you have the unstable resource then you buy it as your main information there will be huge disadvantage for you. All of those possibilities will not happen in you if you take The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life as your daily resource information.

#### **Kellie Smith:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life can be excellent book to read. May be it may be best activity to you.

#### **Josephine Mares:**

People live in this new morning of lifestyle always try and and must have the free time or they will get large amount of stress from both daily life and work. So , once we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity do you possess when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, the actual book you have read is actually The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life.

#### **Scott Rochelle:**

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