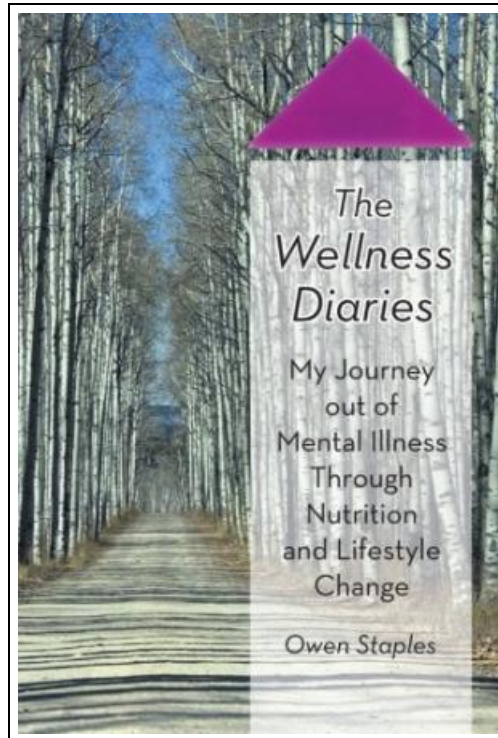


The Wellness Diaries: My Journey Out of Mental Illness Through Nutrition and Lifestyle Change



Filesize: 1.83 MB

Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Germaine Welch)

THE WELLNESS DIARIES: MY JOURNEY OUT OF MENTAL ILLNESS THROUGH NUTRITION AND LIFESTYLE CHANGE

[DOWNLOAD](#)

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.

[Read The Wellness Diaries: My Journey Out of Mental Illness Through Nutrition and Lifestyle Change Online](#)[Download PDF The Wellness Diaries: My Journey Out of Mental Illness Through Nutrition and Lifestyle Change](#)

Other Kindle Books



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Read ePub](#)

»



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Read ePub](#)

»



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

[Read ePub](#)

»



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Read ePub](#)

»



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Read ePub](#)

»