



An Awkward Fit

By Helen Maczkowiack

Chipmunkpublishing. Paperback. Condition: New. 254 pages. Dimensions: 7.9in. x 5.0in. x 0.7in. Description This book is the biography of Helen Maczkowiacks son, Stephen, who suffered from schizophrenia and took his own life at just 29. It captures the haunting story of a young mans desperate struggle to find his way in life. It features excerpts from Stephens diary, which gives the reader a deep insight into his illness: the paranoia, obsession and flashes of anger, the unpredictability as well as the creativity and energy. Helen says in the preface of her book that her primary motivation was to preserve her sons writings. But as she became more and more involved in rewriting his story, she discovered that she could also promote mental health issues to support the development of more effective responses from community services and those working in the mental health field. A courageous story consisting of diaries kept by Stephen who suicided and Helens unflinching honesty that will touch the hearts of all readers. It will help to increase community awareness, help develop understanding, offer comfort and support to parents, encourage people to speak out, offer support to those grieving and help realize the importance of discovering early childhood...

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