

Walking Through Walls: Overcoming The Barriers Of Serious Mental Illness By Two Lenz

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Check out Two Lenz's Blog on her website, www.twolenz.com. She has seven excerpts from her book WALKING THROUGH WALLS (Overcoming the Barriers of Serious Mental Illness).

Helping patients take charge of their chronic illnesses -- fpm

“Then try walking after dinner every night with your Their illness is serious. This is the amount of pressure against the blood vessel walls when your

Paranoid thoughts

Personal accounts of paranoia. I have to look through my entire house in every room and closets to reassure I was diagnosed with a mental illness 5 years

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Stress, trauma, anxiety, fears and psychosomatic disorders

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