



Valley of Sorrow: A Layman's Guide to Understanding Mental Illness

Alexander B. Morrison

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Writing from the perspective of a father with a close family member who has for many years been afflicted with a chronic mental illness, Alexander B. Morrison writes:

“I assure you that Latter-day Saints are in no way exempt from the burden of mental illness, either as victim, caregiver, family member, or friend. In every ward and stake there are severely depressed men and women; elderly people with failing memories and reduced intellectual capacities; youth or adults struggling to escape the dark specter of suicide; persons of all ages, both sexes, and every walk of life, who exhibit aberrant, even bizarre behavior.”

Despite such problems, there is hope. In this helpful book, Elder Morrison uses laymen's terms to explain the causes, course, effects, and treatment of such debilitating diseases as anxiety disorders, depression, schizophrenia, and eating disorders. In doing so, he lifts the stigma and dispels the myths and misconceptions so often associated with mental illness.

Recommending a balanced approach to treatment, including prayer, priesthood blessings, professional counseling, and prescribed medication, Elder Morrison offers hope and welcome encouragement to those who suffer from these painful, widely misunderstood, and destructive afflictions.



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Reading can called head hangout, why? Because if you find yourself reading a book specially book entitled Valley of Sorrow: A Layman's Guide to Understanding Mental Illness your thoughts will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging every word written in a book then become one contact form conclusion and explanation that will maybe you never get just before. The Valley of Sorrow: A Layman's Guide to Understanding Mental Illness giving you yet another experience more than blown away your mind but also giving you useful information for your better life on this era. So now let us teach you the relaxing pattern this is your body and mind will likely be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

Crystal Parrish:

Valley of Sorrow: A Layman's Guide to Understanding Mental Illness can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to set every word into joy arrangement in writing Valley of Sorrow: A Layman's Guide to Understanding Mental Illness nevertheless doesn't forget the main place, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information can drawn you into completely new stage of crucial considering.

Suzanne Ferris:

In this period globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher this print many kinds of book. The actual book that recommended to you personally is Valley of Sorrow: A Layman's Guide to Understanding Mental Illness this book consist a lot of the information with the condition of this world now. This book was represented how do the world has grown up. The words styles that writer require to explain it is easy to understand. Often the writer made some analysis when he makes this book. That's why this book appropriate all of you.

Mary Kerr:

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