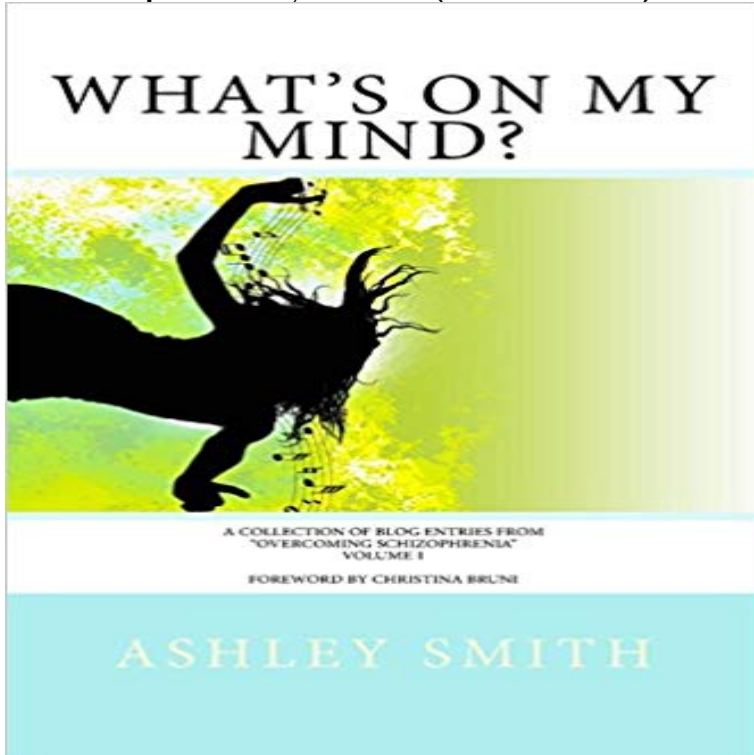


## Whats on My Mind: A Collection of Blog Entries from Overcoming Schizophrenia, Vol.1 (Volume 1)



After stealing a military pickup truck to escape the demons, and going on a high speed chase with police, Ashley Smith was institutionalized, and diagnosed with schizophrenia. However, life after that took a huge turn for the better. Instead of continuing to be a victim to her illness Ashley chooses to live in recovery, and shares her experience on her personal blog. In her blog, Overcoming Schizophrenia, she dares to reminisce about the distressing experiences of having had a false perception of reality, and then her process of embracing the condition by exploring inner thoughts about her recovery to help others, and to reduce stigma. Ashley shares an optimistic view of living with her illness in her blog, which will undoubtedly encourage others to be hopeful and to endure the fight to live a wonderful life in recovery! Whats on My Mind? is a must read: \* Short, informative, and easy to follow \* Provides the human experience aspect of living with mental illness \* Encourages people to seek professional help \* Shares a hopeful outlook on living in recovery \* Gives another perspective on mental illness which benefits others \* Supports those on their recovery journey for themselves or a loved one

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