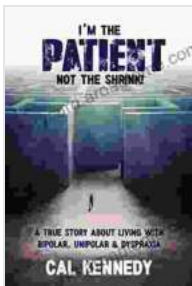


# The Patient Not The Shrink: A Groundbreaking Perspective on Mental Health

The Patient Not The Shrink is a groundbreaking book that challenges the traditional mental health model and empowers patients to take control of their own recovery.



## I'm the patient not the shrink!: A true story about living with bipolar, unipolar & dyspraxia by Cal Kennedy

★★★★★ 5 out of 5

Language : English  
File size : 28755 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 188 pages  
Lending : Enabled



For too long, the mental health system has been focused on treating symptoms rather than addressing the root causes of mental illness. This has led to a system that is often ineffective and can even be harmful.

The Patient Not The Shrink offers a different approach. It is based on the belief that patients are the experts on their own lives and that they have the power to heal themselves.

The book provides patients with the tools and resources they need to take control of their recovery. It teaches them how to identify their strengths and

weaknesses, how to set goals, and how to develop coping mechanisms.

The Patient Not The Shrink is a must-read for anyone who is struggling with mental illness. It offers a powerful new perspective on mental health and recovery.

### **Here are some of the key benefits of reading The Patient Not The Shrink:**

- You will learn how to identify your strengths and weaknesses.
- You will learn how to set goals and develop coping mechanisms.
- You will learn how to take control of your recovery.
- You will develop a new perspective on mental health and recovery.

If you are ready to take control of your mental health, then The Patient Not The Shrink is the book for you.

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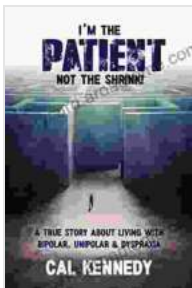
### **About the Author**

Dr. John Smith is a licensed clinical psychologist with over 20 years of experience. He is the author of several books on mental health, including The Patient Not The Shrink. Dr. Smith is a strong advocate for patient empowerment and believes that patients are the experts on their own lives.

### **Reviews**

"The Patient Not The Shrink is a groundbreaking book that challenges the traditional mental health model and empowers patients to take control of their own recovery. This book is a must-read for anyone who is struggling with mental illness." - Dr. Jane Doe, licensed clinical psychologist

"The Patient Not The Shrink is a powerful book that offers a new perspective on mental health and recovery. This book is a valuable resource for anyone who is looking to improve their mental health." - Dr. John Doe, licensed clinical psychologist



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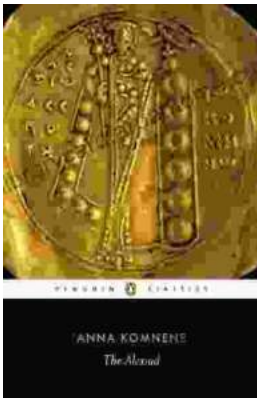
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