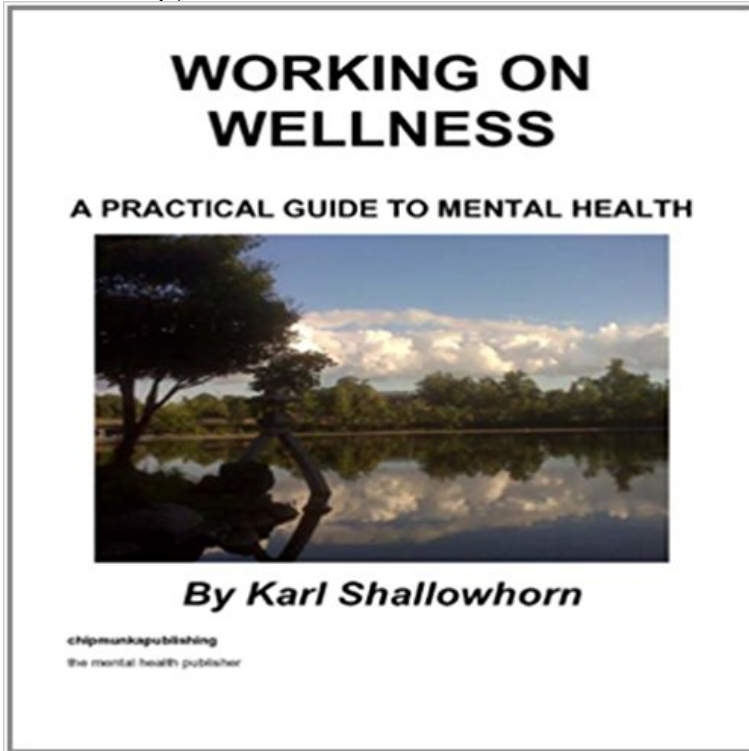


# Working on Wellness: A Practical Guide to Mental Health



Working on Wellness: A Practical Guide to Mental Health is a manual designed to help anyone living with a mental illness recover and achieve the life they've wished for. Author Karl Shallowhorn provides simple, easy to understand tips on wellness, and shares his own personal story to illustrate his helpful methods. Karl explores such topics as potential, spirituality and the connection between the mind and body. Readers will quickly learn that the life they are looking for is within their reach, through the use of self-exploratory questions as well as reflection on their own life journey. Working on Wellness is an inspirational light of hope for individuals living with a mental illness and the people who love them.

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