



# **The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life**

*Mr. David Grant Miller*

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# The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life

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**The Mentally Ill Mentor: Practical Principles for Achieving and Maintaining Balance in Your Life** Mr. David Grant Miller

The Mentally Ill Mentor is an inspiring true story - a MUST read for anyone affected by a Mental Illness. Based on principles of self-love, self-trust, and unconditional self-acceptance, The Mentally Ill Mentor will guide you (or a loved one) through the process of overcoming your Mental Illness and achieving a state of Life-Long Mental Wellness & Success. So how is The Mentally Ill Mentor different than all the other books on the shelf? 1. The Mentally Ill Mentor takes you "inside" the mind of someone who has actually struggled with and overcome a mental illness. 2. The Mentally Ill Mentor provides a step-by-step program for empowering you (or a loved one) to take control of your life. What will you learn? Things you will NOT learn are techniques such as: how to ditch your doctor, avoid seeing a psychiatrist, or escape being institutionalized. What you will learn, is the how to take responsibility for your illness and become empowered to overcome it. Instead of feeling depressed, angry, irritable and emotionally up and down, The Mentally Ill Mentor will help you achieve a life that looks more like this: -The fear of "threat" of a Mental Illness is no longer an issue for you -You love yourself, the person you have become, and the even better person you are striving to be -Relationships with the most important people in your life are great and improving every day -You enjoy life and are up to the task when it comes to overcoming challenges -Self-love, self-trust, and unconditional self-acceptance is a part of who you are -You have become accustomed to each day being filled with a quiet inner peace and happiness.

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