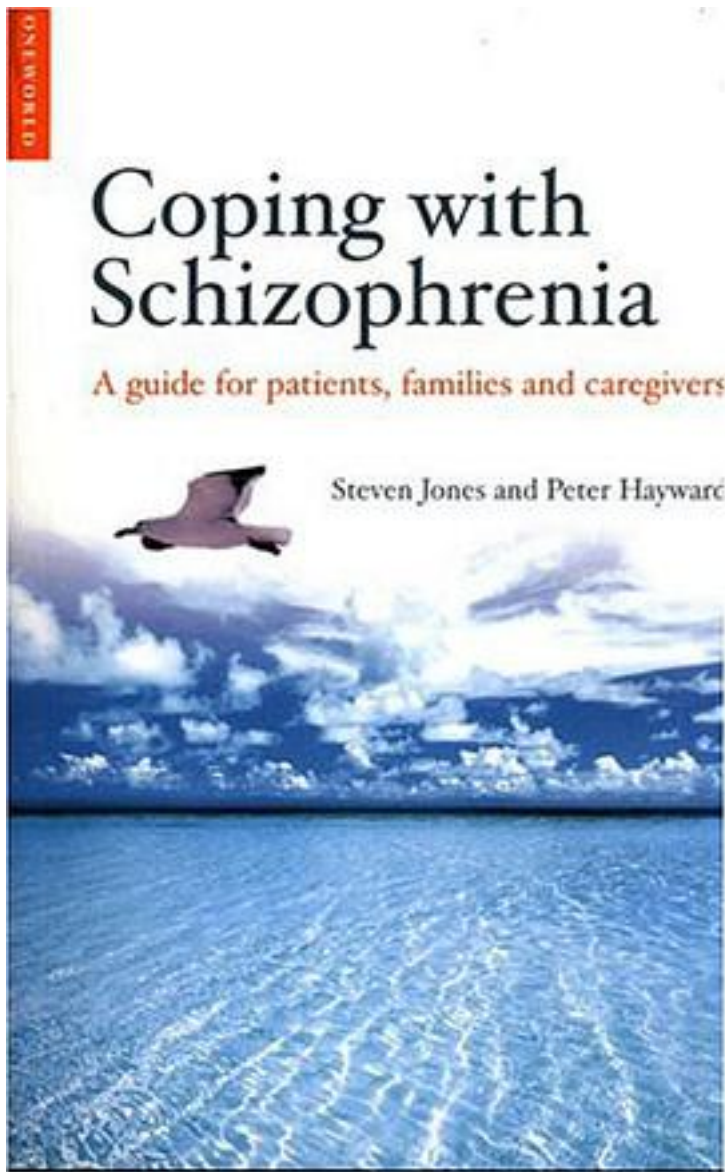


Coping with Schizophrenia



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The only book written specifically for people living with a diagnosis of schizophrenia, as well as their carers and loved ones, this empowering book takes a sensitive, respectful and understanding approach to the condition. Featuring numerous real-life cas studies, this guide focuses on the benefits of cognitive therapy, encouraging anyone living withthe condition to play a decisive role in managing and maintaining their own well-being.

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