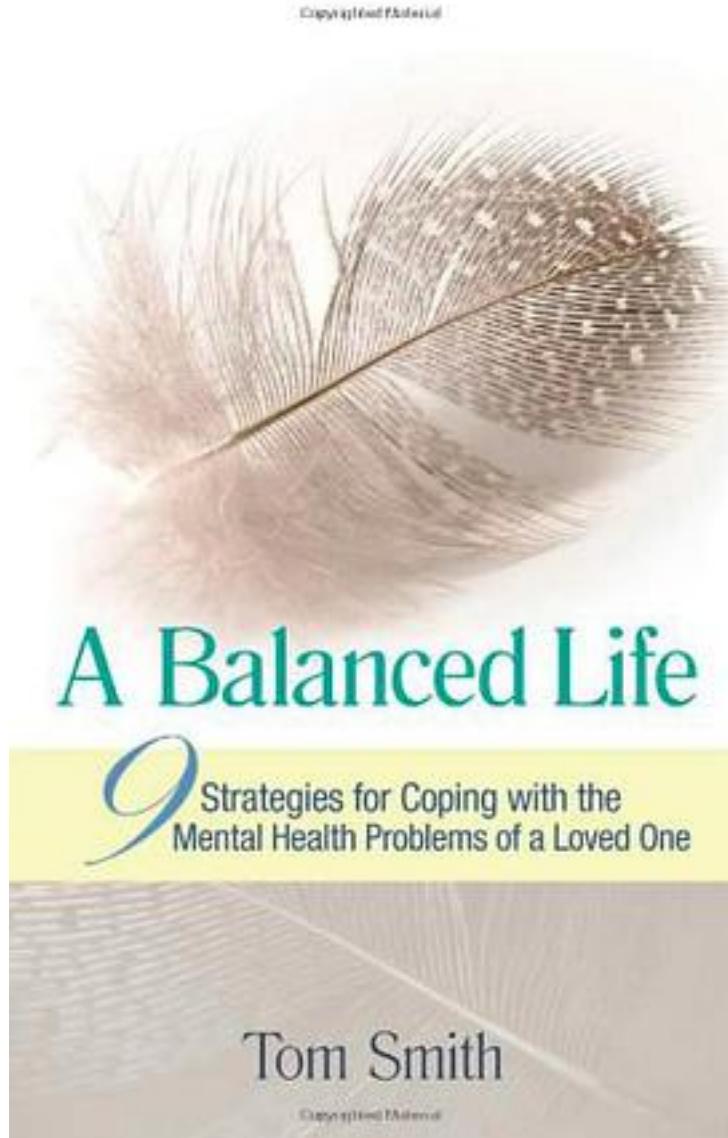


A Balanced Life



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The ultimate goal of those with a mental disorder and the people who love them is balance: emotional, mental, spiritual, and behavioral. Yet, living with and responding to a mentally ill person often leads to the chaos of a relationship where the rules change, the dynamics are volatile, and the expectations are unanchored. In readable, down-to-earth prose, "A Balanced Life" teaches family and friends what they can expect from those they love who have mental health problems. It offers nine clear-cut strategies for implementing a plan to support them, including how to: - assist a loved one in developing healthy self-esteem. - accept mental illness as a fact of life. - identify early warning signs that precede a more difficult phase of the illness. - create a supportive network of family and friends. Each strategy is illustrated by inspiring stories of real people who have put the principles into practice, and is followed by key questions that probe readers to ponder their own situations. This is "the" guide to bringing order to chaos, providing a framework for reactions to the person who has a mental illness. It clarifies expectations and offers advice and encouragement.

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