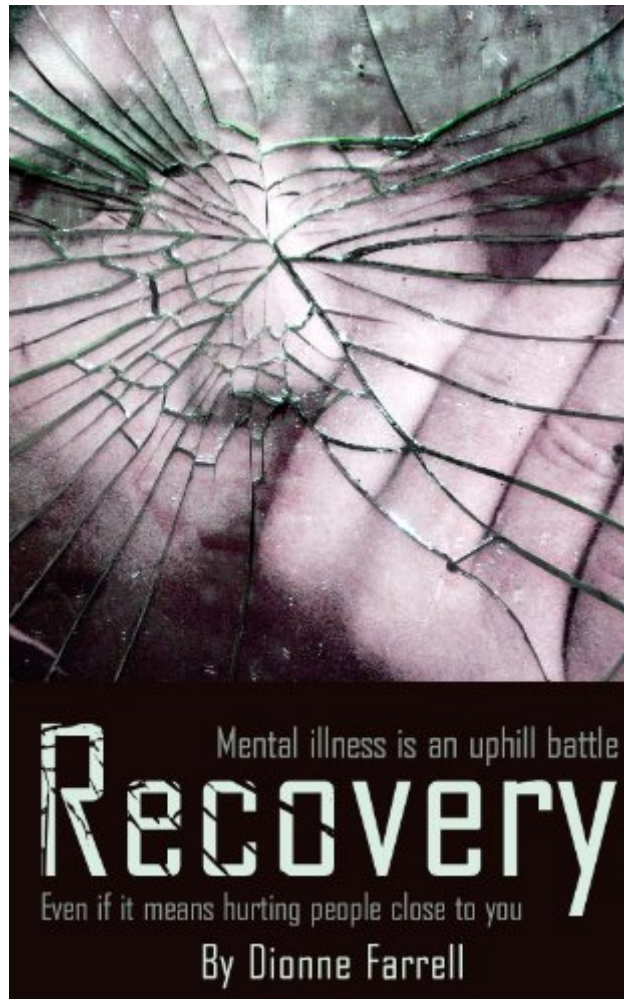


The book was found

Recovery: A True Story Of Teenage Schizophrenia (Mental Health True Stories)



Synopsis

21-year-old Scott had struggled with self-doubt and negative thoughts throughout most of his university life. As a hard-working student, he simply put it down to the stress of a heavy workload, and sought release in alcohol. But in reality, something much more serious was taking place. Silently and stealthily, schizophrenia was taking hold - and it wasn't about to let go. 'Recovery' is the tragic true story of one young man's descent into mental illness, and the heroic attempts of those around him to help save him. As far as true stories go, it doesn't get any more compelling...

Book Information

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Customer Reviews

As a parent of 24 yr old son with Schizophrenia, who refuses to talk about the turmoil taking place in his head, I found this book immensely helpful. Hoping to get some insight on my son's internal experience and how to deal with him, I've been downloading quite a few similar first-person books to my Kindle. Many are (understandably) difficult to follow. I don't really fault them for that; I know that they are honestly written. I understand that it's not easy to describe the chaos that Schizophrenia unleashes on the mind. It's excruciating to live, I'm sure, and no easier to describe to the outside world. I guess it goes with the territory, that an honest biography on the subject, is not going to be

an easy read! There are few first-person books that I've found where the author has reached a state of mind, stable enough to describe it to us. The Quiet Room is one, and this book, Recovery by Dionne Farrell is another. He doesn't describe exactly which medication and what dosage helped him to reach this level of awareness and stability. From a purely practical standpoint, I would love to know that information, for my son's sake! But Dionne Farrell does a good job of giving us a glimpse into the level of paranoia and distorted reality that led him to go into hiding. And describes a slow and difficult journey back into functioning in the real world. I was deeply moved by his description of his relationship with his mother, how she drew him back into his real life, and how her death affected him. One line in particular, struck me as so powerfully honest and scary: when he talks about backsliding in his recovery after his mother passed away, because there was no one to be 'normal for' anymore. (I'm paraphrasing). I felt this book was a worthwhile read.

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