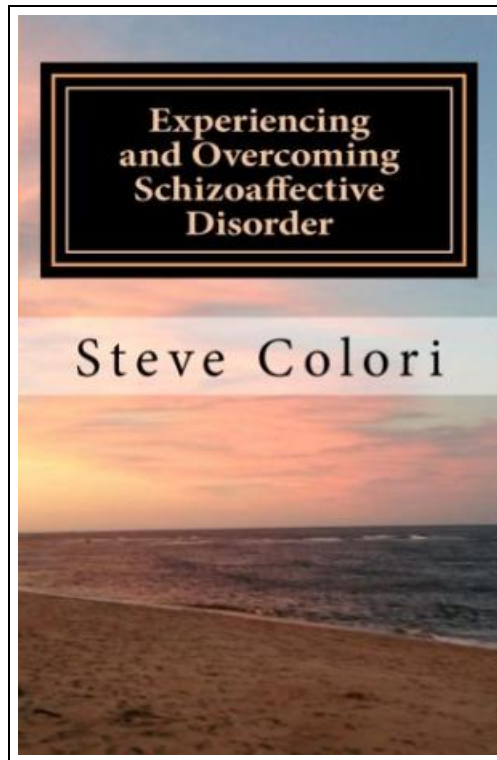


Experiencing and Overcoming Schizoaffective Disorder: A Memoir (Paperback)



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EXPERIENCING AND OVERCOMING SCHIZOAFFECTIVE DISORDER: A MEMOIR (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.

In this powerful memoir, 15-time Oxford University Medical Journals Contributor, McLean Hospital Harvard Medical School Resident Doctors Lecturer, and Good Men s Project Columnist Steve Colori courageously articulates his experience of facing and overcoming schizoaffective disorder. His personal narrative gives readers insight into the true nature of the illness, providing a lucid description of symptoms such as hallucinations, paranoia, OCD, suicidal thoughts, bipolar disorder, mania, insomnia, family issues, and social dysfunction. Colori explains how he worked through all these symptoms and resolved them. He tells the reader why, at one point, he decided to stop taking medication; and shows why he later changed his mind and permanently resumed taking medication. The book also details a number of therapies that Colori utilized to overcome the disorder- such as talk therapy, journaling, and exposure therapy- which eventually enabled him to advance far beyond recovery. Steve Colori has published fifteen essays with Oxford Medical Journals; he has written for Mclean Hospital since 2011; he has a column with The Good Men s Project in their Health and Wellness Section titled Steve Colori Talks Mental Health. Steve has lectured Mclean s Harvard Resident Doctors quarterly since 2012; he lectures at Simmons College Graduate School of Social Work; he has lectured at NAMI GBCAN Boston; he has lectured for NAMI Reads in the Greater Chicago Area; and he has also lectured at Mass General Hospital s Schizophrenia Day.



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