

A Step-by-Step Guide to
Better Mental Health (for Humans)

YOU ARE NOT A ROCK



MARK FREEMAN

Mark Freeman

You Are Not a Rock: A Step-by-Step Guide to Better Mental Health (for Humans)



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Mental health is definitely . . . Having struggled with serious mental illness for many years himself, Tag Freeman has turned into a dedicated mental-health advocate and trainer. being yourself. We want to obsess less and be less lonely, free of charge ourselves from our demons, compulsive habits, and tension. A prescriptive and positive guidebook, illustrated with series drawings, building the case that mental well-being, like physical wellness, can be strengthened as time passes and with particular techniques. We all want to experience less anxiety, guilt, anger and sadness. But as human beings (unlike rocks) we experience all of these. And paradoxically, trying to avoid and control them only makes factors worse. . . With wit, compassion, and depth of encounter and anecdotes, he demonstrates we can recover from many mental disorders, from mild to very serious, at all ages and stages of lifestyle, and even if other methods have got failed. He makes the case that instead of trying to feel much less and prevent pain and tension, we have to build emotional fitness, especially our convenience of strength, balance and concentrate. Freeman's innovative approach makes use of a range of therapeutic methods, mindfulness schooling, peer support, humor, and good sense.



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I am not really a Rock but We am Grateful I have been looking forward to this book for pretty much a year. ACT and this book are what I have always needed. Therefore when I actually got the reserve I was already living many practices outlined in his instruction. So now I try to always keep a spare copy to provide out to individuals who I fulfill along my mental wellness journey.. Powerful Book Really good book speaking from encounter. I am today an evangelist of the practice and am grateful for the reserve laying out so clearly what has been lacking from my mental wellness regimen. Everyone must read this book!! Seriously the best mental health book out there. He is also truly motivated by his desire to help others. His method of explaining things is indeed very clear and he maintains a feeling of humor- which I really appreciate! He requires a placement that recovery from mental health issues is possible for ANYONE, which I think may be the most valuable mindset to possess when building mental wellness! Mostly because he's given it tremendous thought, and he's been there having handled numerous anxiety disorders. So thankful to Tag, his book, and his YouTube video clips- I'd be lost without everything! The best book I've continue reading mental health! I was lucky enough to become a mentee of Tag's for most of this year and finished many exercises included. Mark understands how my mind works.! I won't state this reserve was the thing that changed my life because that's incorrect. I believed I was the only one in the world. Mark has a feeling of humor making the book fun to learn. Mark does an excellent work at expanding and giving specific exercises predicated on Mindfulness and ACT. A practical guide from someone who knows what it really is like... Highly recommend it After I discovered ACT, I got hooked. It actually offers you practical methods to improve mental health, with plenty of mental fitness exercises to help you. No other approached offers helped me such as this one. Tag does it better. A transformative publication from someone who's been there Mark isn't a therapist, but someone is very smart who has had the opportunity to apply evidenced-based methods to mental health with techniques that are completely understandable, relatable, and incredibly uniquely presented. This reserve is not a substitute for therapy, but could have you maybe finally understanding what your therapist was trying to convey for you. I took lots of notes and have had the opportunity to apply plenty of his recommendations.! Nothing noteworthy Reading this book is similar to grabbing all your friend's inspirational quotes from Fb and slapping them together. Mark is an amazing advocate for the mental wellness community, and he genuinely really wants to help a person with a brain! Highly recommended. He helps you know very well what mental health truly is and how exactly to maintain it. It's language makes it seems like it's intended for little kids. Lots of factors contributed to my recovery but Mark was the first person who put out a style of mental wellness that was useful and easy to understand without any of the usual inconsequential self-help pap. This book is

amazing. It is like life now makes sense - those urges, fears and compulsions.



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