

**"I know of no other book even in the same league."**  
*Gerry Spence, Author of the NY Times Best-Seller How to Argue and Win Every Time*

# I AM NOT SICK I Don't Need Help!

How to Help  
Someone with  
Mental Illness  
Accept  
Treatment

10th  
ANNIVERSARY  
EDITION

**Xavier Amador, Ph.D.**

Xavier Amador

I Am Not Sick, I Don't Need Help! How to Help Someone with Mental Illness  
Accept Treatment. 10th Anniversary Edition.



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'This book fills a significant void.. Ten years afterwards, it still will.' wrote E. Fuller Torrey, M.D., about the initial edition of I AM NOT SICK, I Don't Want Help!. Dr. It really is a must-read guide for family members whose loved ones are battling mental disease. Like tens of millions of others identified as having schizophrenia and bipolar disorder, Henry did not believe he was ill. In this latest edition, 6 brand-new chapters have been added, new analysis on anosognosia (insufficient insight) is shown and new advice, relying on lessons learned from a large number of LEAP seminar individuals, is given to help readers quickly and effectively use Dr. Amador's way for helping somebody accept treatment. is not just a reference for mental doctors or law enforcement professionals. I AM NOT SICK, I Don't Want Help! Amador's study on poor insight was motivated by his attempts to greatly help his brother Henry, who created schizophrenia, accept treatment. Go through and learn as possess thousands of others..to LEAP-Listen, Empathize, Agree, and Partner-and help your individuals and loved ones accept the treatment they want..



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I actually had an 'ah ha' moment when I found that trying to convince my boy he had a mental disease was like talking to a brick wall - and A technique that explains how to approach your child (adult) in a manner that they will listen and have a discussion with you. My son is identified as having bipolar disorder and has been in and out of treatment for 4 years. The photo on the coat of the book actually hits' house. It's as worse a curse as malignancy. I wished the writer lived close to where I lived in order that he could educate some of the mental health nonprofit staff in my community! He stays from them. Amador knows who his audience is (families of loved ones with serious mental illness) and what their issue is (getting their cherished one in which to stay treatment). I remember being soo stressed that I could actually experience it in my body. I browse an early edition of the book and decided to read the most recent edition. Welcome with their world. Best book if you would like to get someone with mental illness, who doesn't believe they are ill, to stay in treatment. Highly recco. I have already been an advocate for people with the most serious mental ailments for over 20 years. What would you perform if everyone was telling you that the sky was reddish colored when you KNEW it had been blue? It is even better than I recall. This offers useful, tangible, useful advice for family members (and practitioners) on how to get anyone who has serious mental illness, but will not believe they are ill, to adhere to treatment. There is simply no other book like it. Dr. Their correct may be 'the sky is definitely red not blue'. While he describes the theoretical underpinnings (anosognosia), the true value of the reserve is it's actionable, practical, advice to solve that one issue. DJ Jaffe Executive Director Mental Disease Policy Org....] recommended for everyone who takes care of or interacts with . Great insight A must-have to understand these specific illnesses, and learn how to cope with them.. I've recently discovered my child has some mental disease but he doesn't think he has a problem. Anyone who has a person with Mental Medical issues should have a copy of this incredible book. It's not denial. It really is anosognosia. Eventually, the techniques taught in the reserve are great for communication abilities for any interaction you have with people who are not really mentally ill. It's best for spouses, co-workers, friends, enemies, anyone who you wish to have a better and even more trusting repore with. Pass On to Others Sooner rather than Later Having examine many books upon bipolar and schizophrenia because we have gone through 4 years of racking your brains on what is normally wrong with our son, I landed on this fine book, way too late. But, I am devouring every page today. Some ideas certainly are a small hard to accept at initial, but continue reading and see if you suddenlyl have a switch of mind. How many times my child has left home are more than I can count. I would view him leave and walk away from home, backpack in hand. Once at that time, you will see what to tell help them make the decision to their medicine. He's now in a healthcare facility again, after having eliminated from his medications, once again, (and personal medicating with marijuana and such) and close to having to do another stint at that state hospital. He is just 17, going on 18. I am hoping he gets to into adulthood. If he were to kill himself as he sometimes says he will do, having examine this publication and having tried everything within my capacity to help him, I'll turn out the other part with some solace for my heart. and friends looking to help their loved one get mental wellness treatment despite experiencing lack . Damn mental disease! I had an 'ah ha' instant when I saw that trying to convince my son he previously a mental illness was like talking to a solid wall - and WHY it really is that way. I'd put down every book you could be reading right now, actually from Fuller Torrey, and go through this first. I highly recommend this book. She is still recovering, though a lot better than the first day.) All the best. I have recommend this publication to the therapist now dealing with my son. I will send one in the mail to his current psychiatrist who could use this on her behalf practice. It must be a must read reserve for all people who used in the mental wellness field - both experts and administrative staff. I so appreciate the writer updating the book as time goes on! This book is extremely ideal for partners, family, and friends looking to help their loved one get mental health treatment despite suffering from lack of insight. Very informative book I found this book to be a very informative 1 on the subject. Thiis book may be the "bible" of NAMI, recommended for everyone

who takes care of or interacts with a mentally ill person (who does not have any insight into their illness). The writer through his own encounters relates how to deal with the difficulty of helping the mental ill without alienating them. In my son's case, all of those other family has problems communicating with my son because of the attempts to make him realize he needs help. Persons with human brain disease live in possible THEIR brain has created. I recommend this book for those who are coping with someone in this example. I understand I am powerless to such a disease. I wished I got read it far sooner than I did, because I would have certainly interacted/communicated with my children member in a far greater manner. Hugs for you and all. I am happy that this book exists. Found its way to a timely manner Great book Great Read, Very Helpful This by far one of the best written information on how to interact, communicate and understand people with mental illness. It is a must read!. The procedure for obtaining assistance (emergency assistance) was very helpful. I was fortunate to possess at least interacted with local mental medical researchers who directed me with the same information as included in this book. I came across I was the largest obstacle in our way. She is not connecting with my boy and it's really causing very slow motion in his progress. The first thing you need to read as soon as they know a loved one has schizophrenia I started scanning this book, on my panic trip back when for the first time my mother showed intense hallucinations. It really is their reality, so do not argue with them - you aren't going to switch them. This publication offered immense support, and at the end of the flight, I understood how to approach my mom, and also my family. I was able to gain her trust, start her food and medications back and also convinced her to consider the anti-psychotic meds. (Some of the concepts in the reserve are usable when dealing with troubled people and youth generally. I dont know how I would have handled it without the book. It is layman-friendly, without needing any specialized jargon. And will not waste any of time telling whatever does not matter. I recommend reading the from page 1 because they tell you how exactly to read the reserve and what can be skipped based on the situation. Incredible book. This is the best book out there for family members and friends and also providers out there. 50% of people with schizophrenia have no insight, which can be part of the illness itself. It has helped me immensely understand and cope with my son which has Schizophrenia. Great Book Great publication if you need to understand someone with a mental medical condition. Extremely helpful Has helped me know very well what is certainly going on with my son and how to chat to him in a manner that will preserve my romantic relationship with him.. Worth another read. Underline and keep going back to the reasoning behind the authors recommendations.



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