

MY
KID *is*
DRIVING
ME
CRAZY

*A Mom's Survival Guide for Living
with a Child with Mental Illness*

TAMARA
ARNOLD

Tamara Arnold

My Kid is Driving Me Crazy: A Mom's Survival Guide for Living with a Child
with Mental Illness



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Tamara spent years going to therapy, for herself and with her child, learning how exactly to balance living with mental wellness with having a strong feeling of self. Mental illness in someone you care about sucks! Some days, all moms wish to accomplish is stay in bed, because facing reality seems insurmountable. My Kid is Driving Me Crazy helps other who you live with people who have mental illness learn to split themselves from the chaos, redefine who they are, and figure out what they want for their future. My Child is Driving Me personally Crazy helps mothers thrive while living with a child with mental illness. Coping with her child, who is suffering from depression, anxiety, and oppositional defiance disorder (ODD), taught life coach Tamara Arnold how to be the successful female she is today.



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) that we don't observe in the cloud of confusion and despair.. Informed in a witty, engaging voice, this book is a must read for anyone looking for the ultimate goal of personal fulfillment and inspired purpose. FINALLY. Go through it!. a nonclinical, comprehensive book written .. Tamara Arnold's tale of finding hope and joy in her romantic relationship with her son after years of struggle is a deep and effective message. FINALLY. Tamara provides strategy and insight on getting yourself as a parent, caregiver, and person, to help create a place of peace in your home and fortify the relationship together with your child! Raising a kid with mental illness requires a toll upon the family, especially mom. a nonclinical, comprehensive book written that's brutally honest (and sometimes hilarious bc we have to laugh at the madness) about the every day trauma we may endure as parents of a mentally ill kid, be it a problem related to anxiety, despair, ADHD, personality, eating, advancement, stress, sleep, fatigue, impulse control, social etc. etc. The narrative is normally conversational, relatable and will be offering legit doable solutions in addition to recognizing some of our own behaviours (yep! she will go there, and hard! An honest, open discussion - a must read My Kid Is Driving Me Crazy is more than an honest, sometimes painful, reflection on life as a mom of a kid with mental illness. This reserve is ultimately helpful information, scrap that, a bible for any parent that's facing raising a child that is usually challenged in any behavioural or mental related problems. Buy it!. Zero regrets, I promise! This is essential read for parents struggling with a healthy relationship with their child.. I experience that would be very helpful for parents in this example..I have personally caused Tamara and can let you know that she really is sharing her true self! In the event that you feel alone as you cope with a kid with mental medical issues, GET THIS BOOK. Extremely heartfelt! It is a down to earth accounts that any mother or father can learn from. Extremely heartfelt! In Tamara Arnold's book "My kid is driving me crazy" she is vulnerable, true, and relatable. I've worked as a mental health therapist and have been in the role both professionally (supporting parents and their kids struggling with mental health issues) and in my family members. You gave it your all!! Get this open, authentic account of a mom who learned how exactly to end struggling to thrive alongside her troubled child. I really like this book! Excellent. What a salve this publication would be to the heart of the exhausted and consumed with stress mother or father of a troubled child. Even if your son or daughter is not diagnosed mainly because mentally ill, sharing in Tamara's written account can give strength to every parent who wonders if they are doing the right thing or wondering where they "went wrong" simply because a parent. Great read! This book is a must read for any parent who includes a child with mental illness! I loved everything concerning this book! I specifically like how Tamara shares her actual self and incredibly real struggles, yet simultaneously helping you believe that there is light by the end of the tunnel! Five Stars Exceptional book! There is absolutely no pretense or shadows in Tamara! Excellent. Good work Tamara! What I kept thinking again and again while reading was: I wish this book have been out five years ago! I will certainly refer it to close friends and colleagues as a reference. It really is personable, vulnerable, insightful and like having a glass of tea with a friend over laughter and tears. In case you are facing the deep well of aloneness because of coping with a child with mental illness, provide Tamara into your home and heart.



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