



Dr. Kim T. Muser does it again! Hitting a homerun, clinical psychologist Muser who works with clients and families, teams up with Bodie Morey who has experienced firsthand the uncertainty, turmoil and challenges of mental illness developing in close family members.

*"Utilizing a whole-family approach **The Family Guide to Mental Illness** emphasizes a wellness and recovery model. It is a great resource for families of the mentally ill in recognizing, managing and recovering from mental illness,"* says Chris Summerville who is Executive Director of the Manitoba Schizophrenia Society. One reviewer wrote, "It covers not only symptoms but helps find solutions. The chapters on communication are especially insightful and extremely helpful. It is written in layman's terms with an emphasis on love of the family member living with mental illness."

From Publishers Weekly: "Detailed but not overwhelming, Morey and Mueser have created an extremely helpful addition to the family medical reference library. Morey and Mueser's straightforward writing style and common sense approach guide readers through a step-by-step process for helping a loved one. Chapters begin with a "fundamental step" ("Discuss the situation openly," "Get a correct diagnosis"), and end with a list of "good steps" ("Familiarize yourself with the symptoms") and "missteps" ("Thinking that it's none of your business") which give readers extra guidance. Practical information and advice are well illustrated by vignettes and case histories; included are strategies for introducing the idea of getting help, thumbnail descriptions of a wide range of mental illnesses, coping with long-term interventions and how to keep on "living your own life." Therapies, including medication, are also surveyed, as well as resources for further information. Comprehensive, compassionate and rooted in solid research, this easy-to-read guidebook is suitable for any family in search of answers."

The **National Alliance on Mental Illness (NAMI)** says, "Above all, this is a book about love. Families will rely on it to help loved ones. They will share it with friends when their families in turn are confronted by mental illness. The book covers a broad spectrum of concerns from recognizing symptoms to maintaining wellness-and offers practical information and strategies. First-hand knowledge and down-to-earth perspective provide concise discussions of good steps, bad steps, wish lists, pitfalls, and recipes for success." - Michael J. Fitzpatrick, MSW Executive Director, National Alliance on Mental Illness.

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