



# **MENTAL HEALTH: Mental Illness Management, The Ultimate Guide To Understanding Emotions and Ending Disorder In Your Life**

*Omar J. Dames Sr.*

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Mental Health: Mental Illness Management, The Ultimate Guide To Understanding Emotions and Ending Disorder In Your Life

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No matter who you may be, there's no escaping the fact that Mental Health plays an important role in living a life of abundance and joy.

Have you ever wished that you could get clear answers on questions such as “What is Mental Health and why does it matter?”, “What is the best way to develop emotional stability in my life?” or “How do I identify and avoid triggers?”

Within this book’s pages, you’ll find the answers to these questions and more.

Just some of the questions and topics covered include:

- What are the most common mental health disorders
- The effects of mental health on your physical health
- Why building self-esteem is so important
- Simple keys to overcoming stress
- Preventing relapse
- How mental health affects your professional life

You Don’t Need Lots of Experience or A Degree in Psychology to balance your Mental Health

All you need is to be willing learn; implement the ideas in this book and a small dose of patience for things to begin to turn around in your favor.

Want to Create the Balanced Life You've Always Wanted? Download this eBook and Get Started TODAY!

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