

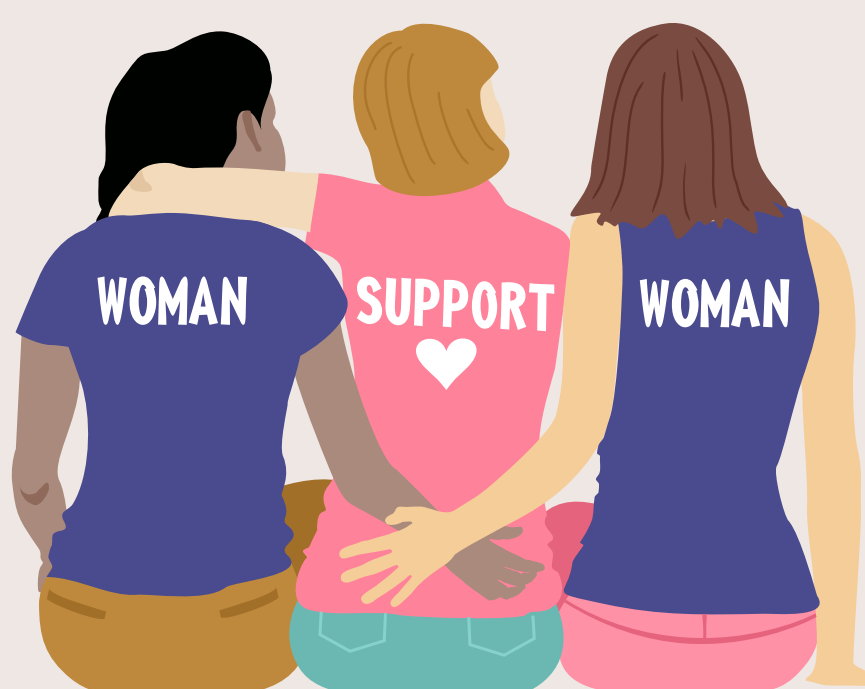


*Congratulations To
The Team of Authors!*

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In addition to sharing our personal stories, we aim to impart the essential coping skills we have developed while supporting our loved ones through their mental unwellness.





Some of us have dealt with a mental imbalance therefore, we certainly want to share how we were able to survive the traumas inflicted upon us, certainly not by choice, yet we have survived and overcome. Then there are some of us still working through the ongoing battles we face, yet we are animate to live a healthier lifestyle.

We want you to know, You can tell your story with the right type of support!!!
We are here to support you through as well.



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YOUR STORY MATTERS

Do You Have a
Story That
Needs to Be
Told???

Please Use the Contact Form at The
End of this Page, We are Standing By
to Hear Your Untold Story, or If You
Want to Tell the Story Again,
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