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SPCK Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Schizophrenia is traditionally difficult to define and commonly misunderstood, but involves problems differentiating inner experiences and perceptions to everyday external reality. This book provides up-to-date information about changing views on schizophrenia and how it can be treated. As well as exploring classic symptoms such as hallucinations and hearing voices, it provides strong practical suggestions for dealing with the mental and emotional distress involved. Topics include: History of name and diagnostic categories Myths and facts about schizophrenia Medication Therapy (especially CBT) Professional help Diet and exercise Social support Work and leisure Dealing with stress in the family Stigma, discrimination and educating the public.

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