



# Giving Up 'Mental Illness' Or How To Be "Normal" In A Crazy World

*Jasenn Zaejian*

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## **Giving Up 'Mental Illness' Or How To Be "Normal" In A Crazy World** Jasenn Zaejian

Statistics show that 75% of all illnesses in America are mental illnesses. The theme of this book is that most symptoms of "mental illness" can be reduced and eliminated without resorting to pharmaceutical agents. How-to exercises are described for coping with mental problems.

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