



Master Your Mind: The Mental Health Guide

By Neel Burton

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Master Your Mind is a practical guide for individuals wrestling with a mental disorder - it is also of interest to carers, family and friends of someone within a mental disorder.

The book is divided into 5 sections:

- * Mental disorders and their diagnosis
- * Master your mind through your mind
- * Master your mind through your body
- * Psychological and physical treatments
- * Mental healthcare services and the law

Master your Mind will help you:

- * alleviate any feelings of fear, hopelessness, or isolation
- * take greater control over the illness
- * make the most of the treatments and services available
- * lead a healthy, productive, and fulfilling life.

About the author:

Dr Neel Burton qualified in medicine from the University of London and is a Member of the Royal College of Psychiatrists.

He is the author of several books, including a prize-winning textbook of psychiatry and a prize-winning self-help book for people with schizophrenia. His latest book, *The Meaning of Madness*, explores what mental disorders can teach us about human nature and the human condition.

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