

The Hardship of Living with a Mental Illness

Posted by Literary Titan

Good Life to Perfection Perception is an autobiography detailing the hardships of living with mental illness. Why was this an important book for you to write?

It was essential for me to write this book because my writing explores the depths of the human psyche and could serve as a historic guide into the core of people. My life stories are there to help the ideal readers to experience lessons they need to learn and feel the emotions they need to contact with to reap the benefit from the uninhibited discourses on my psychology, philosophy, relationship, and the hardship of living with a mental illness. And I choose empowerment over shame and stigma.

I thought your views on dealing with mentally ill people were really enlightening. What do you think is something the medical field can change that will make life easier for patients?

I think they can encourage equality between physical and mental illness and have more honesty about treatment. Change the over-prescribing of medicines and their use on patients for far too long to cure all social ills. People who have a chronic illness related to stress, anxiety, social and economic deprivation, alcohol, and substance misuse may feel hopeless and lost.

More extensive use of treatment and therapy can work best and make life easier for the patient who adds more daily goals challenges as they start to feel better. People gain back their purpose, self-esteem, and self-worth.

What do you feel is a common misconception people have about Schizophrenia?

Commonly believed myths about people with Schizophrenia are that they are dangerous, unpredictable, and unintelligent. Those misconceptions must get busted over time with education and from stories from people with lived experiences of Schizophrenia.

Although the patient may be more aggressive and violent during acute episodes, multiple factors make symptom exacerbate precipitate aggressive behaviour. People with the condition have more trouble with mental skills, learning, and memory, but that shouldn't mean they are not intelligent. Also, at times, perfectly normal responsible people may feel, think, or act in a way resemble people with Schizophrenia.

I found your book to be enlightening. What do you hope readers take away from your book?

I hope readers remember my profound views on the understanding of the role of Jesus as a symbol of love, truth, and hope and learn from their human spirit of God within their soul. Get inspired by my fantastic outlook on living life with integrity and ponder on my thought-provoking narratives, which

covers many relevant subjects, such as religion/spirituality, and acts of terrorism which instil a sense of fear into humanity.