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Are You for Real?: Mental Health in the Misinformation Age (Paperback)

By Dr Douglas E Tomson

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is part memoir and part mental health survival guide from the perspective of a Vietnam Veteran who overcame the debilitating effects of PTSD to become a college professor and licensed clinical psychologist. The book identifies the specific skills you need to develop to protect yourself from becoming a self-alienated stranger to yourself in an unpredictable, technology-driven world where suicide is now the leading cause of death, internationally. A holistic model of mental health is presented which views psychological problems as the result of inadequate coping skills not as evidence of mental illness. The model acknowledges that our mental health is largely dependent on our thinking, our beliefs, and on the nature of our relationships with other people. In addition, the book shares a simple and proven method for connecting your conscious rational brain with your unconscious intuitive body which will help you make better, more informed choices. Insights and examples of critical thinking and advanced communication skills are offered and Rene Descartes dictum, I think, therefore I am is challenged and replaced with the insight I feel, therefore I m...

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Reviews