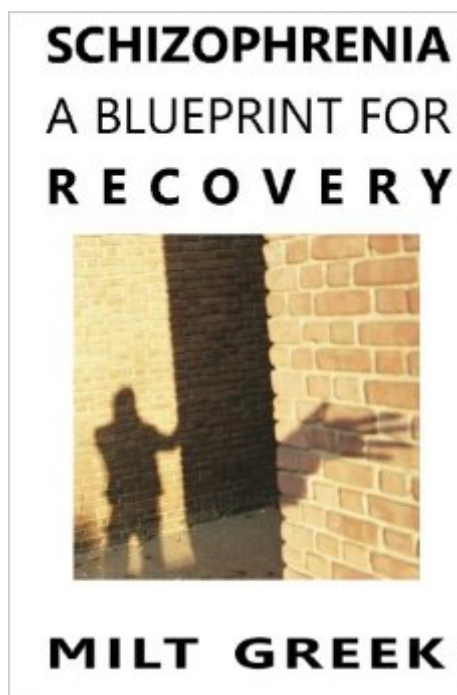


The book was found

# Schizophrenia: A Blueprint For Recovery



## Synopsis

Schizophrenia: A Blueprint for Recovery provides innovative techniques to work with a person in psychosis, move him or her into recovery and aid in rejoining mainstream society. Topics include the building of psychosis, hallucinations and false perceptions, working with someone in psychosis, stabilizing on medication and counseling for self-understanding. The 2012 Revised Edition includes enhancements in understanding psychosis, a discussion of medication and alternatives and a new appendix to aid in working with a person experiencing psychosis. The 2014 follow-up and companion book, *Delusions, Meaning and Transformation*, extends the understanding of psychosis and places the original material in *Schizophrenia: A Blueprint for Recovery* into the context of numerous other strategies for working with and transcending psychosis.

"After my wife and I read *Schizophrenia: A Blueprint for Recovery*, it was like a light came on for us." - Father of young person formerly in psychosis

"Milt Greek's thoughtful, respectful model for engaging psychotic individuals in treatment is welcome in a field that, in the past, had little to offer therapists who want to help individuals with schizophrenia." - Sandy Watt, M.Ed. Professional Clinical Counselor

"Milt is one of the most articulate and astute authorities on schizophrenia I have ever had the privilege to know or hear." - Tom Walker, NAMI Ohio Board of Trustees member

"Milt's experience and presentations are critical for those who work with persons with thought disorders." - Diane Pfaff, MSW, Athens-Hocking-Vinton 317 Mental Health Board

"Milt Greek's wisdom, acquired from years of living with schizophrenia, resonated with me." - Christina Bruni, author and expert blogger on schizophrenia

"Milt Greek's crisis intervention presentation is one of the best I've seen. His talk 'Basics of Psychotic Thinking and Feeling' mesmerized the audience." - Fred Frese, Ph. D.

## Book Information

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## Customer Reviews

Someone very close to me was diagnosed with this disease; reading Milt's book was such an incredible window into the thought process and soul of a sufferer. I can't say enough about how touching and thought provoking this book is. Thank you Milt....truly amazing work!!

As a therapist, I found this book extremely helpful. I have gained new insight into my patients. I have given copies of Mr. Greeks letter in the book to several of my patients who found it very comforting.

I liked the book because the information came from a person who has schizophrenia. The ideas offered, including at some point no medication required; made me feel hopeful there can and will be a breakthrough for this illness. There is so much gloom and doom on the subject, was a good read.

Milt Greek is not dogmatic about treatment approaches and urges people to try anything that works. It's great to read a book by someone who appreciates the unique needs of each individual suffering from this complex illness. He supports any type of treatment that actually helps and offers many ideas to family members of people with the illness. He suggests that this book is appropriate for family members, professionals, and people with schizophrenia who have accepted the diagnosis and are in the process of recovery. The promise of potential recovery is wonderful. He presents a possible model for treatment.

I had someone in my life with schizophrenia, so I bought the book to try to understand the condition (and the person). Unfortunately, the book starts with "hearing voices" and everything after that. But I wanted to know WHERE the "voices" come from! Even the author (who is writing about his own experience--and very well, I should add) doesn't answer that question. I did stop reading about halfway through, so maybe I missed the answer somewhere toward the end. I really wanted to know how and where schizophrenia starts; this book is specifically focused on how to RECOVER from schizophrenia. So if that's your goal, this is definitely a good book. I really liked Milt's writing--his sensitivity, descriptions, and personal view of what he was experiencing that outsiders would have no idea about. It's so wonderful that he has overcome such a debilitating mental illness & can help others. This book is a great resource for those who are trying to overcome schizophrenia.

Though short, and thus relatively expensive, this book was well worth the purchase. What I especially liked was Mr. Greek's explanation of why psychotic episodes are so convincing and at the same time, so confusing: because true and meaningful visions and/ or voices are mixed with meaningless and often negative "static." He also explains the religious "mystical" element of many psychoses. For those looking for a more scientific or medical explanation of schizophrenia, this book may not be for you. For instance, he doesn't talk about the different medications used to treat the illness. However, if you are looking for an honest book by a schizophrenic explaining what it is like to have such an illness and how best to help therapeutically and personally someone who has the illness, this book will definitely be very helpful to you.

If you have been diagnosed with schizophrenia or are living with someone diagnosed with schizophrenia you need to read this book. I wish I would have found this book long ago. It would have helped me deal with things in a better way.

I went and purchased a ton of books besides this one on the same day. After I read through it, I found it very useful - well at least for me anyways as I have similar problems in my life. I could really relate to the writer and he even got me convince to go through with seeing a psychiatrist after having not seen one for a little over three years. His objective is not really to tell people to take medication by the way. That is just one route that can be taken. He actually went over many ways to deal with schizophrenia and its symptoms. And even if one did take medication, a therapist or counselor is important in addition to medication. It is possible to beat problems without medication using Vitamin B12 and other nutritional foods, but for some that may not be enough. It all depends on the person. Yes, the stuff I am mentioning was mentioned in the book he wrote. You just remember, you can not knock it until you try it.

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