



Self-Acceptance: The Key to Recovery from Mental Illness

Victor Ashear

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With the rise of the recovery movement over the past thirty years, more hope exists now than ever before for people diagnosed with serious mental illness to live full, meaningful lives. Designed for use with groups as well as individuals, this workbook provides didactic information and guides users through questions and exercises to encourage increased awareness and acceptance of the self and the effects of mental illness. By actively responding to the questions, users can better organize their thinking and engage in behaviors that will improve quality of life.

Victor Ashear, PhD has worked with patients diagnosed with serious mental illnesses for over forty years. He worked as a clinical psychologist for nearly thirty-four years at the US Department of Veterans Affairs.

Vanessa Hastings works as a technical editor/writer and marketing assistant for national firm SWCA Environmental Consultants (SWCA). Before joining SWCA, she served as the suicide prevention coordinator for her community.

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