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## Things I Never Told My Doctor

By John P. Gallagher

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 106 pages. Dimensions: 7.7in. x 5.1in. x 0.4in. Recovery from mental illness is no easy feat, and it can be particularly overwhelming when your doctor tells you to abandon certain parts of your life that you want to hold on to. So, let's face it there are some doctors orders you simply don't follow, and some things about your personal life you just don't share with your doctor. In *Things I Never Told My Doctor*, author John P. Gallagher acknowledges, embraces, and describes this reality as it manifested in his own life. He tells tales of his own experiences in and out of the doctor's office to show how he forged his own path to recovery while still holding on to those things in his life that were his. Gallagher decided that he didn't have to tell his doctor everything, and with this decision he found freedom from the feelings of guilt that many mental health consumers suffer when they withhold information from their providers for fear of disapproval, judgment, or diagnosis. Gallagher suggests that there need not be such guilt, for it is that guilt that...

### Reviews

*If you need adding benefit, a must buy book. It really is written in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).*

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