



# Peace Amidst Misunderstanding : Living and Thriving with Mental Illness

Cs Darren Griffin Ch



To those who live under the shadow of an illness that doesn't require crutches, bandages or splints. The world, lacking outward indications of infirmity, tells them to Get over it, it's all in your head Buck up Quit making excuses Just stop lying around and start being more positive. Imagine the same advice given to those with diabetes, broken bones and failing organs. To those who strive to heal in such an atmosphere of misunderstanding and criticism, this book is dedicated. This is the story of how Darren Griffin experienced a brain injury and the mental illness that followed. His experience and the understanding that came with it will benefit both those with mental illness and those who want a better life.

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