



Defeating Mental Illness

Nick Griemsmann

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In his early twenties, Nick Griemsmann was diagnosed with an "incurable" mental illness called schizophrenia. After being told by numerous people (doctors, counselors and case managers) in the public behavioral healthcare system that he was without hope for recovery, Nick started to pray and seek God for his healing. *Defeating Mental Illness* was written to encourage those that may be struggling with or know someone who is struggling with a mental health challenge. Inside, you will find some life changing steps that Nick did to help him to fully recover from "incurable" schizophrenia. In this book, Nick draws from his own experience of having overcome schizophrenia and also from the years of experience he had working as an administrator for the same behavioral healthcare provider that he used to receive mental health services from. Nick's style of writing is fun, encouraging and easy for people of all backgrounds and education levels to understand and enjoy. Rated PG-13.

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