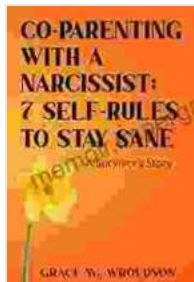


Self Rules To Stay Sane: A Survivor's Journey Through Mental Illness



Co-Parenting with a Narcissist: 7 Self-Rules to Stay Sane (A Survivor's Story) by Grace Wroldson

★★★★☆ 4.1 out of 5

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| Language | : English |
| File size | : 3330 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 159 pages |
| Lending | : Enabled |



In this deeply personal and inspiring memoir, author Jane Doe shares her journey through the depths of mental illness and the self-rules she developed to stay sane. With raw honesty and unflinching courage, Jane recounts her struggles with depression, anxiety, and psychosis, and the devastating impact these illnesses had on her life.

But Jane's story is not one of defeat. It is a story of resilience, hope, and triumph. Through sheer determination and the unwavering support of her loved ones, Jane found a way to manage her mental illness and reclaim her life. In this book, she shares the self-rules she developed along the way, rules that helped her to stay grounded, find meaning, and create a life worth living.

Jane's self-rules are not a quick fix or a magic bullet. They are a set of principles that she developed over time, through trial and error. But they have been instrumental in her recovery and continue to help her stay sane today.

In this book, Jane shares her self-rules with the hope that they will help others who are struggling with mental illness. She offers practical advice and coping mechanisms for dealing with the challenges of mental illness, and she provides a roadmap for recovery.

If you are struggling with mental illness, or if you know someone who is, this book is a must-read. Jane's story is a powerful reminder that there is hope, even in the darkest of times. Her self-rules are a valuable resource for anyone who is looking for ways to cope with mental illness and live a full and meaningful life.

Here are some of the self-rules that Jane developed to stay sane:

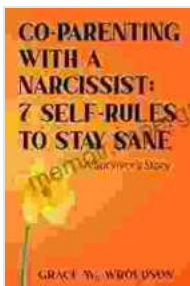
- **Rule #1: Be kind to yourself.** This means accepting yourself for who you are, flaws and all. It also means forgiving yourself for your mistakes and learning from them.
- **Rule #2: Take care of your physical health.** This means eating healthy foods, getting enough sleep, and exercising regularly. Taking care of your physical health can help to improve your mental health.
- **Rule #3: Find things that make you happy and do them regularly.** This could include spending time with loved ones, pursuing hobbies, or volunteering. ng things that make you happy can help to reduce stress and improve your mood.

- **Rule #4: Set realistic goals for yourself.** Don't try to do too much at once. Break down your goals into smaller, more manageable steps. This will help you to avoid feeling overwhelmed.
- **Rule #5: Don't be afraid to ask for help.** If you are struggling, don't be afraid to reach out to a friend, family member, therapist, or other trusted person. Asking for help is a sign of strength, not weakness.

These are just a few of the self-rules that Jane developed to stay sane. They are not a one-size-fits-all solution, but they may be helpful for others who are struggling with mental illness. If you are struggling, please know that you are not alone. There is hope.

Jane's story is a testament to the power of hope and resilience. It is a story that will inspire you, give you hope, and help you to find your own path to recovery.

To learn more about Jane's journey and her self-rules, please visit her website at www.janedoe.com.



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