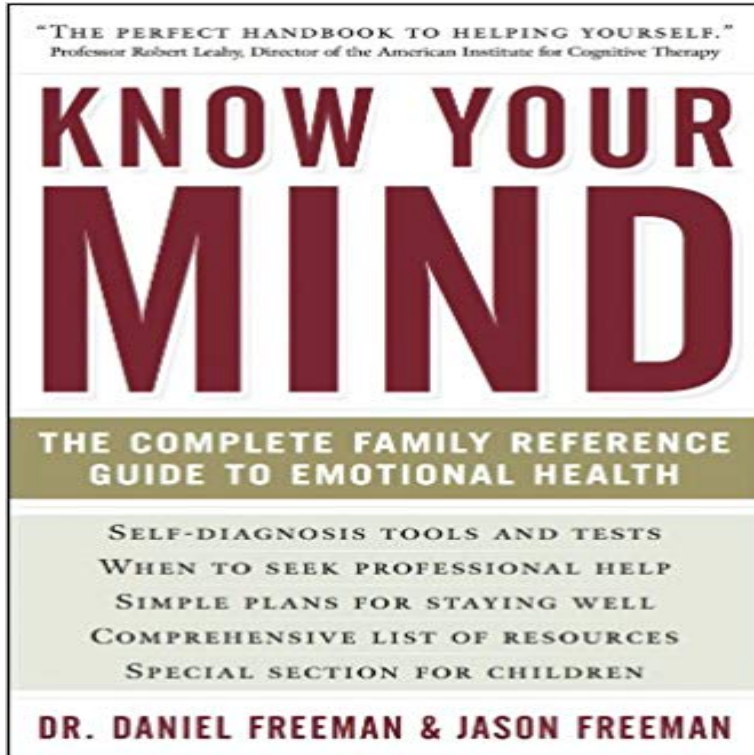


Know Your Mind: The Complete Family Reference Guide to Emotional Health



According to the National Institute of Mental Health, 26% of American adults suffer from diagnosable mental disorders each year. Now, there is an accessible volume for recognizing and treating these psychological issues, complete with tips on when to seek professional help. Addressing everything from addictions, bereavement, pain, and anxiety to sleep disorders, mood swings, depression, and stress, Know Your Mind even features tools for self-evaluation, personal stories, and exercises. And with a special section for children and young people, this truly is an invaluable, jargon-free reference for every home.

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