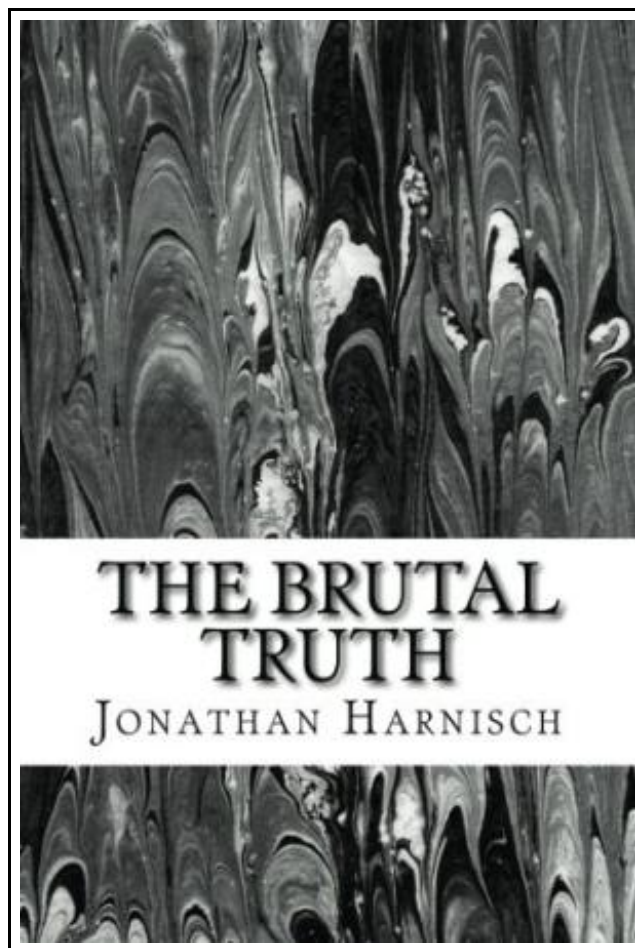


## The Brutal Truth



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Jonathan Harnisch is an artist, dreamer, man on a mission, and human being just like you. He is also a deeply troubled and disturbed person, who lives with schizophrenia, bipolar disorder, post-traumatic stress disorder, and borderline personality disorder. He is committed to sharing his unique life online in order to help others. Through a relentless, direct encounter with his schizophrenic self and thoughts, Harnisch offers a rare insight into this often misunderstood disorder. Extraordinarily, the message is one of resilience and hope, finding rare wisdom through enduring and learning to understand his psychotic episodes. Rather than retreating into his own troubles, Harnisch journeys inside himself in order to understand the humanity that he shares with others: The strongest people are not those who show strength in front of the world but those who fight and win battles that others do not know anything about. For all its fearless honesty, The Brutal Truth is throughout an affirmation of life. As Harnisch says, I write and publish what I want and what I feel, no matter what mood or state of mind I am in, but I always do my best to keep things positive. After all, he knows that he is a legitimate, loving, grateful, and spiritual human being who deserves to be loved and accepted and who deserves to make decisions, to make mistakes, and to be forgiven. The Brutal Truth shows that it is by acknowledging the schizophrenic experience that we can come to understand and deal with it. Harnisch s essays offer daring descriptions of what it is like to live-moment upon moment-with schizophrenia. These essays are written to help others undergoing mental disorders. They will also...

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