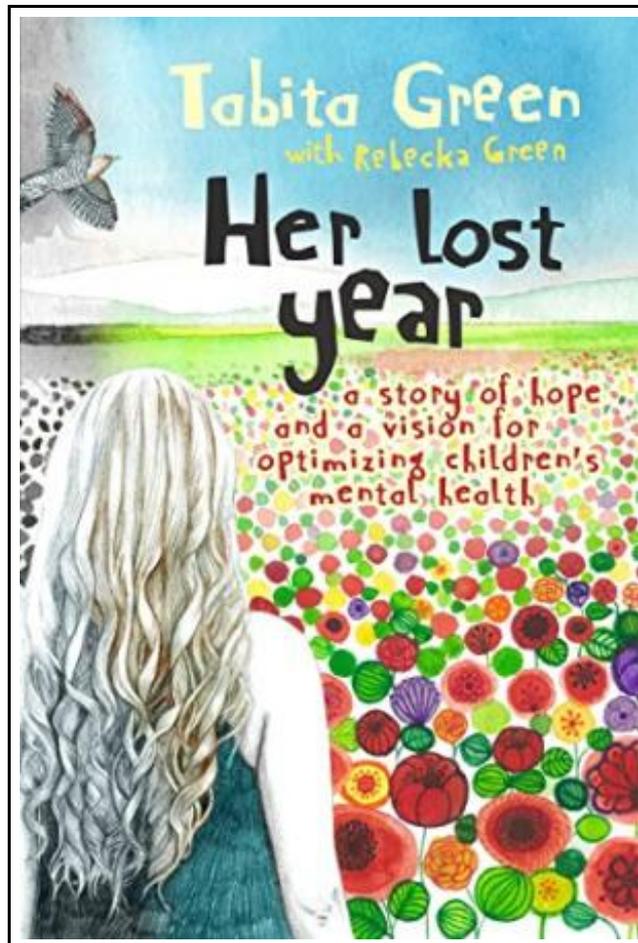


Her Lost Year: A Story of Hope and a Vision for Optimizing Children's Mental Health (Paperback)



Filesize: 7.48 MB

Reviews

It is one of the best publications. It is among the most remarkable publications I have read through. Your lifestyle period will change once you complete reading this article publication.

(Crystal Rolfson)

HER LOST YEAR: A STORY OF HOPE AND A VISION FOR OPTIMIZING CHILDREN S MENTAL HEALTH (PAPERBACK)



Simply Enough Press, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.In the spring of 2010, Tabita Green s daughter, Rebecka-then in seventh grade-started to feel depressed and lost a lot of weight. Almost immediately, Rebecka s well-meaning health care providers recommended that she take an antidepressant (Zoloft) to kick-start the treatment process. What followed was a year-long nightmare of the most unimaginable sort as Tabita and her husband, Todd, watched their funny, bright daughter transform into a psychiatric patient. Rebecka was hospitalized numerous times for suicidal ideations and psychosis-unable to function in the real world. Her psychiatrists treated new symptoms with additional psychiatric medications, but instead of improving, Rebecka s health deteriorated rapidly. As the year progressed, the Greens started to question the wisdom of the dominant mental health care system, which puts pills front and center, and eventually worked up the courage to ask the psychiatrist to take Rebecka off all medications. Within weeks, Rebecka s suicidal and psychotic symptoms disappeared completely. Now the family was able to focus on the real problem, her disordered eating. Rebecka was on the road to recovery. In *Her Lost Year*, Tabita (with Rebecka) shares this intimate story of despair, recovery, and hope, but she doesn t stop there. She goes on to describe what she learned about psychiatry in the US-especially related to kids and teens-and discusses the ever-widening definition of mental illness and the culture of medication as a first, rather than last, resort. Subsequent chapters cover a wide range of effective, alternative treatment options from taking care of physical needs to specific therapies including family therapy and dialectical behavior therapy (DBT), therapies that helped Rebecka and her family heal. In the last third of the book,...



[Read Her Lost Year: A Story of Hope and a Vision for Optimizing Children s Mental Health \(Paperback\) Online](#)



[Download PDF Her Lost Year: A Story of Hope and a Vision for Optimizing Children s Mental Health \(Paperback\)](#)

Related PDFs



A Parent s Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know...

[Download Book »](#)



Readers Clubhouse Set a Dan the Ant (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Karen Stormer Brooks (illustrator). 214 x 149 mm. Language: English . Brand New Book. This is volume one, Reading Level 1, in a comprehensive...

[Download Book »](#)



Ellie the Elephant: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a kid s or children s book that is...

[Download Book »](#)



Happy Monsters: Stories, Jokes, Games, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a kid s or children s book that is...

[Download Book »](#)



Peewee the Playful Puppy: Short Stories, Jokes, and Games! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a children s book that is highly entertaining, great...

[Download Book »](#)

**Children s Rights (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Download eBook »](#)

**The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

[Download eBook »](#)

**The Three Little Pigs - Read it Yourself with Ladybird: Level 2 (Paperback)**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own

[Download eBook »](#)

**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: Such a Fuss (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It

[Download eBook »](#)

**Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday

[Download eBook »](#)