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How I Conquered Schizophrenia

Nancy Stackhouse

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How I Conquered Schizophrenia Nancy Stackhouse
The causes of schizophrenia are many, including extreme stress, chemical imbalance, reaction to drugs, genetic predisposition, isolation, low self-esteem, and even a damaged or weakened aura (a supposed emanation surrounding the body of a living creature viewed by mystics, spiritualists, and some practitioners of complementary medicine as the essence of the individual and allegedly discernible by people with special sensibilities). My personal onset of schizophrenia and depression at age forty-two was caused, I believe, by a combination of the above. Through the caring help of family, friends, medical doctors, healers, and my own insights and intuitions, I was able to become completely free of the symptoms of schizophrenia and all antipsychotic and antidepressant medications used to treat the illness. Most influential and important to my healing and recovery, however, was the utilization of both borrowed and original strategies that keep me healthy to this day. The sharing of these strategies, which include identifying one's gifts; relying on family members, friends, and caregivers; improving one's self-esteem; identifying one's authentic self; connecting with healers; being in gratitude; setting goals; and using positive affirmations for the purpose of recovering and maintaining positive mental, emotional, spiritual, and physical health is the reason why I have written this book.

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