



## I am Not Sick I Don't Need Help!

*Xavier Amador, Anna-Lica Johanson*

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**I am Not Sick I Don't Need Help!** Xavier Amador, Anna-Lica Johanson

About 50% of all people with schizophrenia and manic-depression do not understand that they are ill and refuse treatment.

Whether you are a family member or a therapist, in this book you will find hope in what the new research is revealing about the problem of poor insight into illness.

Prepare to be surprised and to have new hope. There is much you can do to conquer denial.

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