



## **Surviving Mental Illness: My Story**

*Linda Naomi Katz*

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## **Surviving Mental Illness: My Story** Linda Naomi Katz

The Road to Recovery Written from the perspective of someone whose life has been challenged by mental illness, this book offers help, hope, and inspiration to others struggling with psychological disorders. It provides information about mental illness in general-and mood disorders in particular-valuable tips about treatment and medication, and resources and organizations dedicated to helping those suffering from these disorders. Surviving Mental Illness helps break through the fear and stigma of mental illness and focuses on how to find health and happiness. The author shares her personal journey: the heartbreak and challenges of bipolar disorder, and the joy of making her way back to mental health. Through her own story, she shows that help is out there, and with a little faith, recovery is possible. My faith in G-d has led me to recover in ways you cannot imagine. Life is having faith to overcome any obstacles, and that is what my recovery from mental illness is all about.

## **Surviving Mental Illness: My Story Details**

Date : Published April 1st 2012 by Outskirts Press (first published January 1st 2012)

ISBN : 9781432783990

Author : Linda Naomi Katz

Format : Paperback 126 pages

Genre : Health, Mental Health, Nonfiction, Psychology, Autobiography, Memoir

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# **From Reader Review Surviving Mental Illness: My Story for online ebook**

## **Brenda says**

A straight forward yet intimate book. Very informative citing great resources to support people with mental illness to help them move past the stigma and isolation in order to find a fulfilling life. I read it in one day and learned a lot about the Jewish religion that I was previously unaware of.

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## **Literary Soirée says**

Linda Naomi Katz's inspiring account of living with bipolar disorder is a must-read for anyone with mental illness and their loved ones. Honest, informative and very moving.

Thank you, NetGalley, for the ARC in exchange for my honest review.

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## **Pam Thomas says**

Mental illness comes under many disguises, depression, breakdowns, biopolar to name but a few which can affect entire families, although just mentioning mental illness and people become biased and you are labelled. This books asks what mental illness is, a combination of factors, hereditary, biological, psychotic trauma, chemical imbalance all fit the category but no two people are diagnosed the same and everyone is different. This is one of those must read books if only to quell the nonsense which seems to circulate around when mental illness is mentioned as some time nearly everyone has experienced some sort of depression, downers, symptoms similar to all forms of mental illness and there should be no stigma attached **HIGHLY RECOMMENDED A MUST READ BOOK**

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## **Angela Dueck says**

This book is about Linda Naomi Katz's life and struggles with her mental illness. It is from a Jewish perspective as Katz is a Jew but I like how she explained the Jewish traditions that she mentioned throughout the book. I found it interesting to see how people respond to mental illness and various other things in the Jewish faith. However, reading her story I didn't always agree with what she did, such as quitting her job all the time instead of asking for time off but that may have just been the way she coped. I did like how at the end she said that she wasn't saying that people should follow exactly what she did and that recovery is different for everyone. People may learn from her story and she has a good overview of mental illness in the first chapter that may cause people to understand mental illnesses a little better.

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## **J.D. DeHart says**

Surviving Mental Illness: My Story by Linda Naomi Katz is a personal story, as well as a generational one. The content here is emotional and strong, even if the book is somewhat brief. Katz packs a lot into the pages she includes.

For understanding, Katz starts with some foundational background, by way of moving to a definition of mental illness. This section of the book proved helpful in filling in some background information and refreshing myself before the personal story began.

Katz then goes back into her family history and shares emotions and experiences with us. She tells us nothing short of her personal story. It is such a story that, as a reader, I try not to take lightly. I have started my own story multiple times and know the struggle of baring truths to an invisible audience.

What follows is the story of diagnosis, and the long journey of adjustment. This is the kind of story that could prove helpful and relatable for someone struggling with mental illness, but also the kind of story that could be shared with anyone. Katz writes clearly and with an open, unguarded invitation to the reader. Faith has a part in this process too.

This is a story of struggle, loss, and recovery...and I keep coming back to that word adjustment. Just as those of us in touch with the real life we live know that days have their ups and downs, Katz shows us these moments in her life and helps us understand one of her major themes, which is getting back into life.

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## **Lysander Hansen says**

Katz writes informatively and straightforwardly about a subject that is often clouded in misconceptions and - as she mentions - stigmas. Memoirs can sometimes be dry, but this book doesn't suffer that problem. Katz manages to inform in the midst of her retelling; it is also very affirming to read about an individual who has had similar life experiences and struggles.

Katz writes candidly, and actually informed me of options I didn't know I had as a bipolar individual who struggles with employment and general daily life. She also puts a lot of herself out there, which is never a mistake when dealing with writing down these kinds of experiences. She takes the reader through her childhood struggle with a mentally ill grandfather and mother, as well as other really difficult situations: death, infertility, situations that are nearly impossible to overcome without help when you have a mental illness.

This book needs to be a required read for mentally ill individuals and those who love them.

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## **Danielle Urban says**

Linda Naomi Katz's book, *Surviving Mental Illness*, is a must read for all. Not just to educate ourselves on mental illnesses or to make ourselves more aware of what it's like for those suffering from them, but to put ourselves inside their shoes. As a college student I took course in sociology. They all mentioned a term called stigma. That is a term for the labels that a society forces upon a person or group of people. It's not a good thing. In fact, we all should steer clear of stigmas. But we're humans and we fall into society's trap. Until we're the ones suffering from it. I fell in love with the writer's book for many reasons. One it talked

about the stigma issues on those with mental illnesses. Second, it led through Linda Naomi Katz's journey as she battled her own mental illness. Her life journey was both inspiring and educational. I want to hug the writer. She went through a lot and worked hard to get to where she is. The ending doesn't just end with the book. Both her and her husband work in discussing and teaching others about mental illnesses. I was surprised that these two amazing people didn't let life get to them. Instead they both embraced it and with determination succeeded. I recently was forced to watch a TED speaker for a recent class of mine. It was about failure. Failure was defined as giving up instead of pursuing our goals or dreams. It talked about grit. Grit being the passion to continue in life when all seems hopeless. If we have grit like Linda Naomi Katz did, then we are successful no matter what. This book reinforced that TED talk. I truly believe and felt that this book, *Surviving Mental Illness* has what it takes to make a difference in this world. Whether it's to bring an awareness, to stop the stigma against those with mental illnesses or to educate us what it's all about...the book's contents will stay with me forever. Helpful, informative, and well-written. I found it very inspiring and plan to share this with as many people as possible. Overall, I highly recommend it to readers everywhere.

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## **Marjorie says**

Given To Me For An Honest Review

Linda Naomi Katz's book *Surviving Mental Illness: My Story* is a must read book. It is about the author's own struggle with mental illness. It talks about the effects that it had on her, her family and her work. She tells about her growing up with a mentally ill parent and coming to grips with her own illness - that of being bipolar. The book is simply written but very honest from someone whose been there and survived. I learned the more I read. I recommend this to all. I also look forward to more from Linda Katz.

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## **Grady says**

A Brave New Book: A First Hand Account of Mental Illness

This review is from: *Surviving Mental Illness: My Story* (Paperback)

Linda Naomi Katz has taken a giant step forward in her crusade to inform the often unknowing public about the realities of people who suffer the disease of mental illness while at the same time providing a manual or guide to those who carry the burden of the disease in hopes of providing positive input to understanding the forms of mental illness and how to find help in living a life with the disease. Katz herself has mental illness and for someone who has walked in the steps of the disease to be so open and informed and committed to enlightening the reader is a gift. No, this is not a Sylvia Plath, Anne Sexton, Virginia Woolf, Sara Teasdale or Sarah Kane: this is not eloquent artistic writing from a practiced artist such as these gifted women. This is a simply written, honest account from one who has been there and will always be there, and how to survive this once thought insurmountable and outcast problem.

Katz opens her book with a description of the three types of mental illness - Major Depression, Bipolar Disorder (or manic depression), and Schizophrenia. For each disease she explains the manifestations, the mechanisms in the brain that result in these diseases, the forms of treatment including psychological therapy

and chemical therapy, listing the drugs of choice for each disease.

From this starting point Katz offers her own struggle with mental illness, the effects on her and on her family and work, the prejudices she has encountered, and her manner in which she has adapted to the diseases she has suffered. The words are challenging and comforting and above all honest. This book may be a bit too simplistic for those in the medical profession but it is one that is purely from a patient's point of view and as such it deserves close inspection in ingestion by all who are in some way connected to mental illness - patients, family, friends and those who proffer assistance to people like Linda Naomi Katz.

Grady Harp

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### **Destiny Brown says**

Touching Account Of One Woman's Journey of Living With Mental Illness

Surviving Mental Illness: My Story by Linda Naomi Katz is a touching, yet honest account of her life living with bipolar disorder. The heartbreaks, the triumphs are all shared with honesty and kindness. Katz's writing ability shines through during this memoir.

Readers will be able to tell that the author wants to help others in her situation and other situations that require individuals to overcome and persevere.

This is a great read for anyone who enjoys non-fiction books on family issues, health issues, memoirs or anyone wanting read one woman's story of triumphs and struggles.

Highly Recommended!!!

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### **Jay Huff says**

"Surviving Mental Illness: My Story" by Linda Naomi Katz is a memoir-style survival guide for people suffering from mental illness. Through her own struggles she explains how coping with her own major life-events by finding treatment (through medication and therapy) and her own faith allows readers to embark upon an interesting, complex, and often not talked about subject. This is a very touching book and helps clear up a lot of mystery and stigma for people with bipolar disorder. This is a must read as well as her children's books on the subject as well. Ms. Katz is a great role model for individuals and a wealth of knowledge and resource on how to cope with the day-to-day stressors that life has to throw at you, and a heroine that has taken on the struggle on the 'front-lines'. A very enjoyable read.

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### **Charlene says**

Put aside your own inner mental carping. Read this memoir about a person who volunteers, builds a portfolio, works her way up to a paying job, gets married after a long

engagement and experiences the dying process of her parents. What's interesting about that? Add that the person also suffers from a debilitating cycle of mania and depression, experienced crippling hallucinations in her late teens and as a young adult and has worked her way back from that abyss. That's a memoir.

From the honest report of hallucinations while a teen and young adult, Linda Katz describes her intermittent struggle to be in a state she might define as normal or sane, while the forces within her pushed her mental boundaries to the limit. That is why when she describes in such detail various rituals of the Jewish faith, rituals such as sitting shiva for the death of a loved one, or when she itemizes her apprenticeship, then gradual employment in a number of positions, the reader is left with a stunning sense of achievement and recognition that this person, the author, truly overcame obstacles to create a life of meaning and sense. Her marriage to another person who suffers from mental disability is successful and by her account based in part on mutual understanding of the specific kinds of suffering both face.

Surviving Mental Illness, My Story is exactly as the title trumpets; a personal account of rising above the chaos and corrosion brought about by mental disorder into a world that makes sense, internally and externally. It is to her great credit the author never attempts to offload the genesis of her difficulty onto her parents entirely or onto the social forces into which she was born. Instead the book reads as an honest, simple and direct record of how from a heart of great determination she made her way, one step at a time out of the classification of mentally disabled into a place in society where she now helps others. Her story is well worth the read.

Linda N. Baron-Katz Surviving Mental Illness My Story

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