



Self-Acceptance: The Key to Recovery from Mental Illness

By Victor Ashear

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With the rise of the recovery movement over the past thirty years, more hope exists now than ever before for people diagnosed with serious mental illness to live full, meaningful lives. Designed for use with groups as well as individuals, this workbook provides didactic information and guides users through questions and exercises to encourage increased awareness and acceptance of the self and the effects of mental illness. By actively responding to the questions, users can better organize their thinking and engage in behaviors that will improve quality of life.

Victor Ashear, PhD has worked with patients diagnosed with serious mental illnesses for over forty years. He worked as a clinical psychologist for nearly thirty-four years at the US Department of Veterans Affairs.

Vanessa Hastings works as a technical editor/writer and marketing assistant for national firm SWCA Environmental Consultants (SWCA). Before joining SWCA, she served as the suicide prevention coordinator for her community.

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Editorial Review

Review

"I've often heard it said that acceptance—recognizing that you have a mental health condition—is the first step toward overcoming it. But it's not that simple. *Self-Acceptance: The Key to Recovery from Mental Illness* provides a more complete view that recognizes loss of identity and self-esteem as one of the "most significant casualties people diagnosed with mental illness experience" ... In order to start a journey to recovery it is incredibly important to work "toward a more positive sense of self in the face of illness-related obstacles that threaten it. *Self-Acceptance* is not a textbook. It's an easy-to-read, self-help workbook intended for people living with depression, bipolar disorder and schizophrenia. It can be useful for individuals, groups or mental health providers. It may be especially valuable for people who as a result of their illness have experienced one or more hospitalizations, unemployment or disruption in education ... Exercises can be done one at a time or by section at your own pace. The workbook's structure and questions bring personal strengths into focus and substitute positive-thinking for negative feelings. It identifies needs and coping strategies. Once exercises are completed, they help provide a personalized roadmap." By **Bob Carolla** - *National Alliance on Mental Illness*

"Victor Ashear's workbook highlights the importance of self-acceptance in recovery from significant psychological difficulties. Drawing on his many years of clinical experience in the field, Ashear covers important topics and provides exploratory questions to assist in increasing self-awareness. It is full of useful materials both for individuals who are sufficiently stable and able to self-reflect and for mental health professionals providing group therapy."-**Pamela Fuller, PhD**, Author of *Surviving, Existing, or Living: Phase-Specific Therapy for Severe Psychosis*

"Here is a useful and field-tested resource for persons with serious mental illnesses, their loved ones, and practitioners dedicated to assisting such persons. It offers tools and practical guidance for accepting oneself as a worthwhile and contributing member of society. People cannot make progress in recovery without valuing and accepting themselves. This manual drives that point home with grace, determination, and humility."-**Larry Davidson, PhD**, Professor of Psychiatry Yale University, Editor, *American Journal of Psychiatric Rehabilitation*

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About the Author

Victor Ashear, PhD has worked with patients diagnosed with serious mental illnesses for over forty years. Based on prevailing research and his own experience, he developed his approach around the central tenant that improvement in the sense of self and acceptance of mental illness diagnosis without stigmatizing oneself are essential for recovery. Dr. Ashear completed his doctorate in psychology at Claremont Graduate University and has worked as a clinical psychologist for nearly thirty-four years at the US Department of Veterans Affairs, primarily at the VA Medical Center in Sheridan Wyoming, where he focused on assisting veterans diagnosed with serious mental illness in residential, inpatient, and outpatient settings. He currently has a private practice in Sheridan.

Vanessa Hastings lives in Sheridan, Wyoming, where she works as a technical editor/writer and marketing assistant for national firm SWCA Environmental Consultants (SWCA). Before joining SWCA, she served as the suicide prevention coordinator for her community. During that time, she spearheaded and led the development of the Wyoming Chapter of the American Foundation for Suicide Prevention. In all aspects of her life, she strives to use her training and experience in suicide prevention, and her personal experience with mental illness to educate people about mental health, reduce stigma around help-seeking, and reach out to those who are struggling.

Users Review

From reader reviews:

Joy Hanson:

The book Self-Acceptance: The Key to Recovery from Mental Illness make you feel enjoy for your spare time. You can utilize to make your capable more increase. Book can to get your best friend when you getting stress or having big problem with the subject. If you can make reading a book Self-Acceptance: The Key to Recovery from Mental Illness to get your habit, you can get considerably more advantages, like add your own personal capable, increase your knowledge about several or all subjects. You may know everything if you like open up and read a book Self-Acceptance: The Key to Recovery from Mental Illness. Kinds of book are several. It means that, science book or encyclopedia or others. So , how do you think about this reserve?

Edward Florez:

As people who live in the actual modest era should be revise about what going on or info even knowledge to make these keep up with the era that is certainly always change and move ahead. Some of you maybe may update themselves by looking at books. It is a good choice in your case but the problems coming to you actually is you don't know what type you should start with. This Self-Acceptance: The Key to Recovery from Mental Illness is our recommendation so you keep up with the world. Why, since this book serves what you want and wish in this era.

Sandra Earnhardt:

The experience that you get from Self-Acceptance: The Key to Recovery from Mental Illness may be the more deep you digging the information that hide into the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to know but Self-Acceptance: The Key to Recovery from Mental Illness giving you thrill feeling of reading. The writer conveys their point in particular way that can be understood through anyone who read that because the author of this publication is well-known enough. That book also makes your own vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this specific Self-Acceptance: The

Key to Recovery from Mental Illness instantly.

Kristen Blasingame:

The reason why? Because this Self-Acceptance: The Key to Recovery from Mental Illness is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret the item inside. Reading this book alongside it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book get such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I had been you I will go to the publication store hurriedly.

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