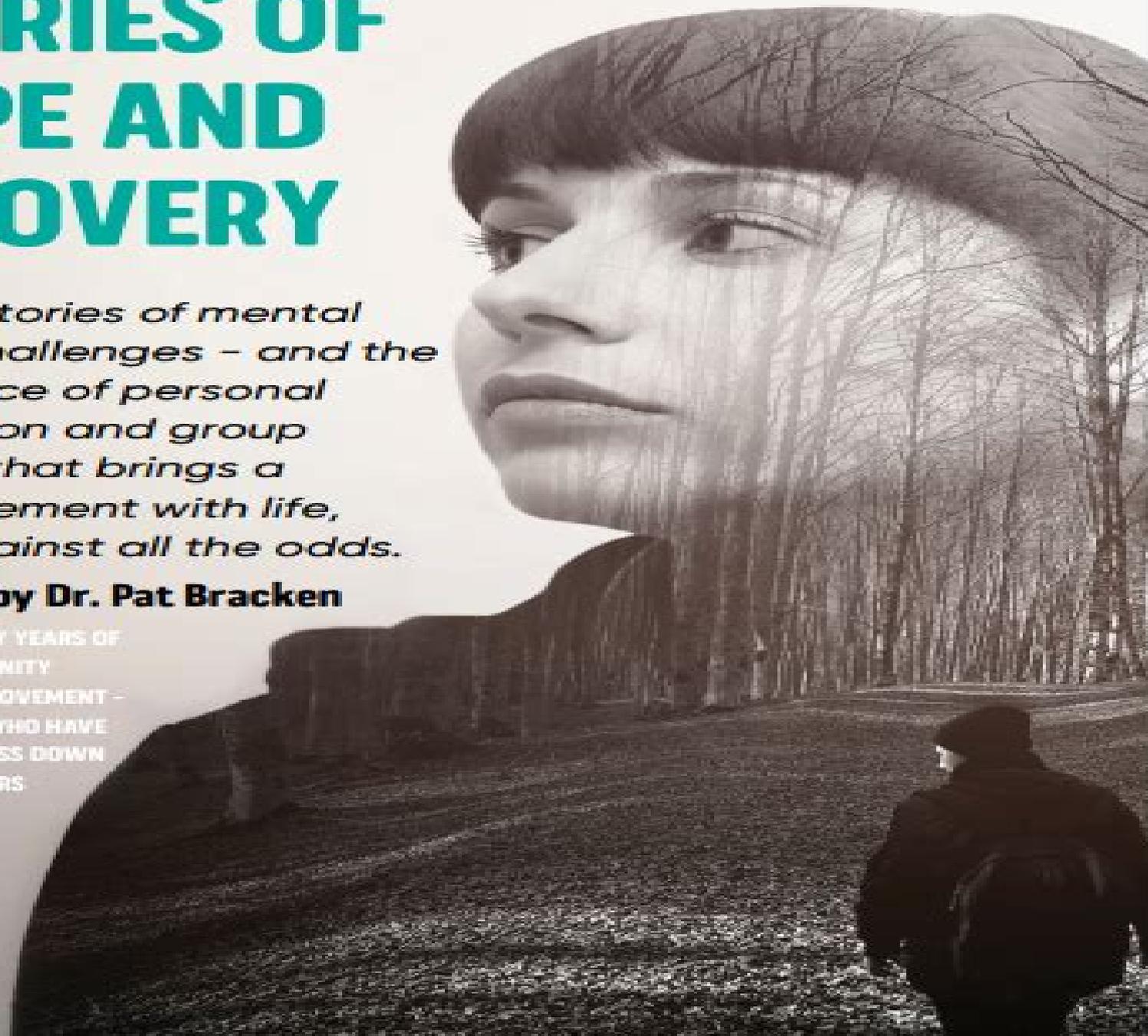


STORIES OF HOPE AND RECOVERY

Twenty stories of mental health challenges - and the experience of personal connection and group support that brings a reengagement with life, often against all the odds.

Foreword by Dr. Pat Bracken

CELEBRATING FIFTY YEARS OF
IRELAND'S COMMUNITY
MENTAL HEALTH MOVEMENT -
AND THE PEOPLE WHO HAVE
SHARED ITS SUCCESS DOWN
THROUGH THE YEARS



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