

Working to Recovery Self-Help Workbooks COST - £10 each + P&P

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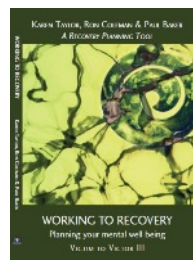
Working with Voices II: Victim to Victor Workbook by Ron Coleman & Mike Smith

Now in its 2nd edition the workbook is for voices hearers and the people they select to support them. This book was first published in 1997 and is now available in over 16 different languages. The workbook aids the voice hearer to begin the process of growing from victim to victor by writing his/her own life history, then move forward to other positive growth exercises. This book will stimulate the person to plan their own future and life again, and is especially helpful for those who are presently feeling too overpowered by their voices to become their master.



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A Recovery Planning Tool by Karen Taylor, Ron Coleman & Paul Baker



This highly original book is inspired by the experience of Ron Coleman, who spent 13 years in and out of the psychiatric system and who was diagnosed as having a serious mental health problem. In this book Ron collaborates with Karen Taylor (RMN) and Paul Baker (Community Development Consultant) in considering how, in spite of all the odds that seemed to be stacked up against him, he still manages to make a full recovery.

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Reclaiming our Lives: A workbook for males who have experienced sexual abuse by Jim Campbell & Ron Coleman

This workbook is for males who have experienced sexual abuse and for those who work with them. The need for this workbook has come from the recognition that there is a large amount of literature written for women, but far less for men. This is in spite of statistics that show up to 1 in 6 men have experienced sexual abuse and are living with the consequences. Drawing on the direct experiences of the two authors' personal recovery journeys from sexual abuse, *Reclaiming our Lives* guides the reader through a recovery process.



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Working with Self Harm by Mike Smith



This book is a reprinted edition of the highly acclaimed *Victim to Victor Series*. It is written for the self harmer, the worker trying to gain better understanding and a friend trying to help someone to live with their own self harm. The book is aimed at developing an understanding of self harm, and ultimately each other, and to be able to work together honestly on the real issues. This workbook will enable the person who self harms and the supporter to develop an alliance, based upon the common ground, that is a belief in the possibility of recovery from the experience.

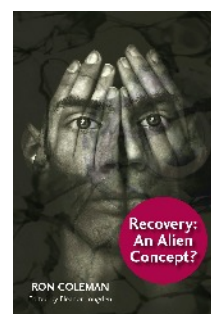
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Recovery: An Alien Concept by Ron Coleman

http://www.workingto_recovery.co.uk/products/our-own-books/recovery-an-alien-concept.aspx

COST - £13.50 each + P&P. 40% Discount for bulk orders. Use discount code in shopping cart.

This is the final cut, the latest and final edition of the highly acclaimed book by Ron Coleman, with the most fully realised version of his vision of recovery. Within the pages of this book Ron explores with you the possibility that recovery can be a reality: not just for the lucky one or two, but a real option for every person who enters the psychiatric system. An exploration of the concept of recovery by Ron Coleman, including how he gave up being a "chronic schizophrenic" and went back to being Ron. The book is intended as a guidebook that will encourage professionals, clients, and carers to begin their own personal journeys towards recovery.



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