



No More Secrets: A Courageous Journey through Tragedy to Recovery

Dave Cardwell

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No More Secrets chronicles one families one hundred year struggle with mental illness. Their family tree contains all of the severe brain disorders including; depression, bipolar, schizophrenia, various anxiety disorders and addictions.

The book focuses on the author's experiences in finding his way through the wilderness of mental illness. He and his wife eventually find their way to recovery and utilize their experiences to give hope to others who are afflicted while challenging stigma with knowledge.

The net proceeds from the book will be donated to the National Alliance for the Mentally Ill, the National Alliance on Research into Schizophrenia and Depression and the Carter Center.

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