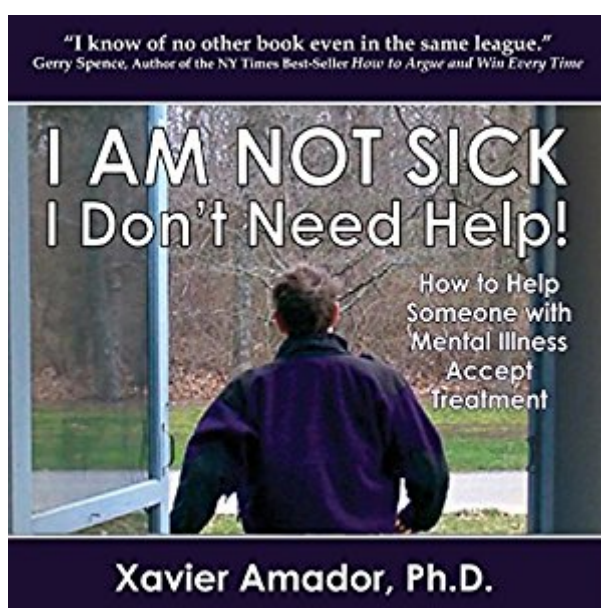


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# I Am Not Sick, I Don't Need Help!: How To Help Someone With Mental Illness Accept Treatment. 10th Anniversary Edition



## Synopsis

Dr. Amador's research on poor insight was inspired by his attempts to help his brother Henry, who developed schizophrenia, accept treatment. Like tens of millions of others diagnosed with schizophrenia and bipolar disorder, Henry did not believe he was ill. In this latest edition, six new chapters have been added, new research on anosognosia (lack of insight) is presented and new advice, relying on lessons learned from thousands of LEAP seminar participants, is given to help listeners quickly and effectively use Dr. Amador's method for helping someone accept treatment. *I Am Not Sick, I Don't Need Help!* is not just a reference for mental health practitioners or law enforcement professionals. It is a must-have guide for family members whose loved ones are battling mental illness. Listen and learn as have hundreds of thousands of others...to LEAP - listen, empathize, agree, and partner - and help your patients and loved ones accept the treatment they need.

## Book Information

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## Customer Reviews

I have been an advocate for people with the most serious mental illnesses for over 20 years. I read an early edition of this book and decided to read the latest edition. It is even better than I remember. This offers practical, tangible, useful advice for families (and practitioners) on how to get someone who has serious mental illness, but does not believe they are ill, to comply with treatment. There is simply no other book like it. Dr. Amador knows who his audience is (families of loved ones with serious mental illness) and what their problem is (getting their loved one to stay in treatment). While he describes the theoretical underpinnings (anosognosia), the true value of the book is it's

actionable, practical, advice to solve that particular problem. DJ Jaffe Executive Director Mental Illness Policy Org. [...]

A technique that teaches you how to approach your child (adult) in a way that they will listen and have a conversation with you. Once at that point, you will see what to say to help them make the decision to their medicine. Some ideas are a little hard to accept at first, but keep reading and see if you suddenly have a change of mind. I had an 'ah ha' moment when I saw that trying to convince my son he had a mental illness was like talking to a brick wall - and WHY it is that way. I found I was the biggest obstacle in our way. Persons with brain disease live in a reality THEIR brain has created. Their right may be 'the sky is red not blue'. It is their reality, so do not argue with them - you are not going to change them. What would you do if everyone was telling you that the sky was red when you KNEW it was blue? Welcome to their world.

Invaluable for a person who has a loved one who suffers from a mental illness. I haven't had an argument with my son since reading this. I sent copies to his case managers. It should be required reading for people who work in the mental health industry.

I found this book to be a very informative one on the subject. I have recently discovered my son has some mental illness but he doesn't think he has a problem. The author through his own experiences relates how to deal with the difficulty of helping the mental ill without alienating them. In my son's case, the rest of the family has problems communicating with my son because of their attempts to make him realize he needs help. He stays away from them. I highly recommend this book for people who are dealing with someone in this situation.

This is the best book I have ever read about dealing and understanding mental illness. Dr. Amador's book should be the go to book for families and professionals. So many people think mentally ill people choose to be defiant and not take medication, that is not always true. Thank you Dr. Amador's your book has helped me help my family to better understand their brother.

Fantastic book for anyone with a family member with mental illness. Focuses on schizophrenia, but has valuable information regardless of the type of mental illness. Gives insight into how their loved one is experiencing the illness and why he/she sometimes behaves in the way they do. Helps family members learn ways of communicating with someone who sees things from a different

perspective. Reading this book certainly helped my adult son and I as he was going through his rough period.

This book saved the life of someone I love. Or rather, it gave me the skills necessary to get them to get the help they needed. It is not magic. It is merely a recipe which you can employ to help navigate you through the difficult task of developing and maintaining a constructive relationship with someone who has mental illness which can lead to more positive outcomes. It was by far the most helpful, in a practical sense, book I read when my loved one became ill.

I cannot recommend this book more highly. Only someone who has a loved one with mental illness really knows what it is like to go through this. Dr Amador is the ONLY one who has ever had any kind of advice on how to help someone who doesn't want it and is positive they are not sick. Thank you for this book. I ordered the CD's to listen to also.

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schizophrenia, or other forms of mental illness is debilitating for everyone including the families left to try to cope

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