



Losing It: Mental Health Awareness

J. Alise Wynn

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Losing It: Mental Health Awareness is an awe-inspiring, self-help, real-life account of the effects that undiagnosed and untreated mental illness can have on the person suffering and their loved ones. Losing It takes readers on J. Alise Wynn's personal journey with adult-onset mental illness. After experiencing a mental breakdown, which caused her to lose virtually everything, from relationships to vital personal effects, J. Alise Wynn has gained immense knowledge on the effects of mental illness.

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