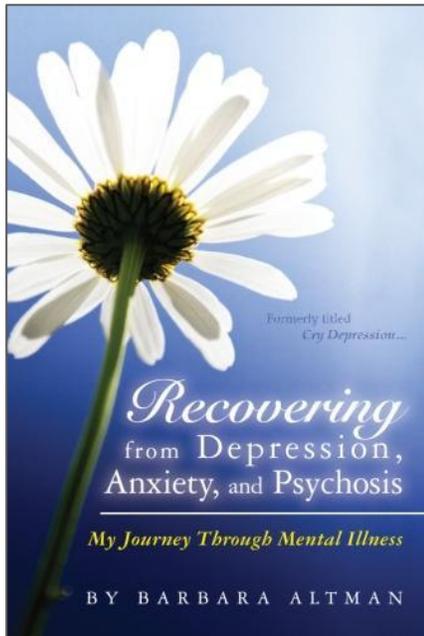


The National Institute of Mental Health reports that 1 in 4 adults, or approximately 57.7 million Americans, experience a mental health disorder in a given year.
About 6% — 1 in 17 Americans — live with a serious mental illness



Recovering from Depression, Anxiety and Psychosis My Journey through Mental Illness

(formerly released under the title *Cry Depression ...*)

by Barbara Altman

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Description: *Recovering from Depression, Anxiety and Psychosis* is the story of Barbara Altman's struggle and triumph over mental illness. After many chapters describing the anguish and isolation of her challenges, she takes her readers, step by step, through her road to recovery through traditional and alternative medicine, skillfully relating the depth of joy and solace she experienced through her music all along the way.

"(This) book is a model of hope. This is the story of one woman who would not take 'no' for an answer. She has left no stone unturned in her pursuit of wholeness"

— Caroline Penberthy, MSW, LCSW

"Barbara Altman has shared the harrowing experiences of her life in a way that sheds light on mental illness and alcoholic family systems and the influence of both on a person's development."

— Patricia A. Antle, MSW, LCSW

Barbara Altman, a St. Louis, Missouri, native, earned a bachelor of music degree from Fontbonne University and taught music theory at St. Louis Institute of Music. Altman offers musical entertainment at nursing homes and teaches piano and guitar in her home in Webster Groves, Missouri. You can visit her online at <http://DepressionToRecovery.com>.

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The following are excerpts from the book

SECTION I: Part One—The Girl without a Voice

From Chapter 2—The Principal’s Office: Age 16

...Even in her black nun’s garb, she appeared tall, thin, domineering with large hands that commanded attention... ‘Barbara, we’re concerned about the problems you’re having in the classroom... your grades aren’t in line with your abilities. I’m getting report that you’re not concentrating in any of your classes. In my opinion, you’re on the verge of developing full-blown schizophrenia. If you don’t see a psychiatrist immediately, you’ll end up in a mental institution for the rest of your life.’

I sobbed. I knew she was right, but everything in me screamed – No! I didn’t tell her about my experiences with anxiety, depression, and psychotic events. The first two were obvious. But I’d hoped to conceal the last reality, never letting anyone know about my frequent auditory hallucinations.



From Chapter 16—The Lunchroom: Age 15

And so it was that Eleanor, Sheila, Virginia, Ginny, and I ate together [in the school’s lunchroom] every day until we graduated. I would sit with them and let them hold up the conversation while I struggled not to let anyone see my brain fog and inner turmoil.

It became routine. I would share that time with [them]. Only to then leave the cafeteria and walk down the very long hallway jarred by wretched phantom voices coming from nowhere.



For additional information about Barbara’s presentation on “How this Book Came to be Written” or to inquire about the book itself, call her at (314) 962-5324 or email AltmanB@sbcglobal.net.

SECTION I: Part Two—My Journey Toward Healing

From Chapter 28—Creating the Will to Live: Age 46

My new life began the day I walked in psychologist Caroline Penberthy’s office. At the recommendation of a friend, I had called Caroline to introduce myself and make an appointment.

“I have a concern because I have a problem with overeating and a kaleidoscope of other issues.” [That] occurred the day after I was released from the hospital with eleven stitches in my head. I weighed ninety-five pounds [and was five-feet nine-inches tall].”

After about ten minutes of talk, she suddenly hit me with, “How much do you want to live?” My answer was stunned silence. “I’ll take that to mean you really don’t want to survive, she said challenging me.

Was she right? After all, what did I have to live for? I had endured a lifetime of mental fog and low self-esteem with psychotic interludes. I was living only because my suicide would have crushed my family... So the first order of the day was to fan the flames of survival.



PREFACE

... This book isn’t just a story about the struggles involved with mental illness ... or surviving the anguish of anxiety disorder [or] blaming my father. It’s about my transformation from victim to survivor. With the help of my family, several counselors, support groups, and physicians, I’ve assumed a position of health, strength, and passion. *It takes a village to help the mentally ill.*