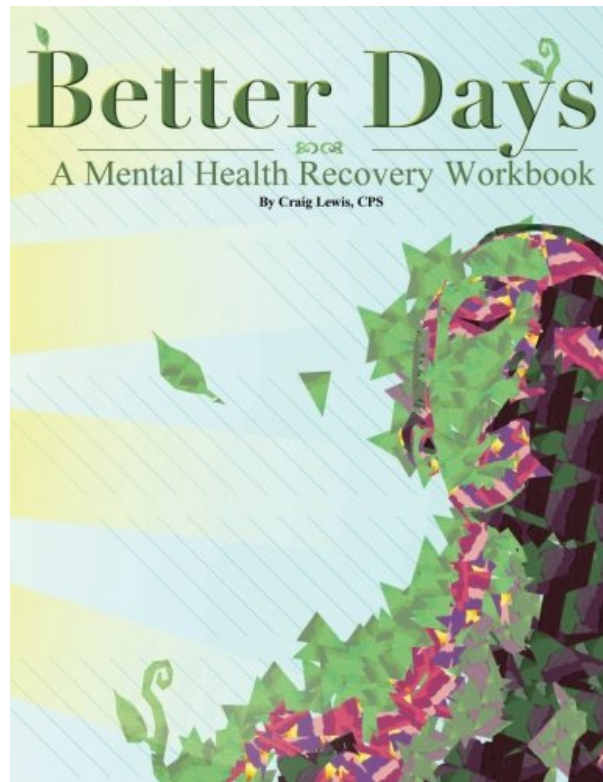
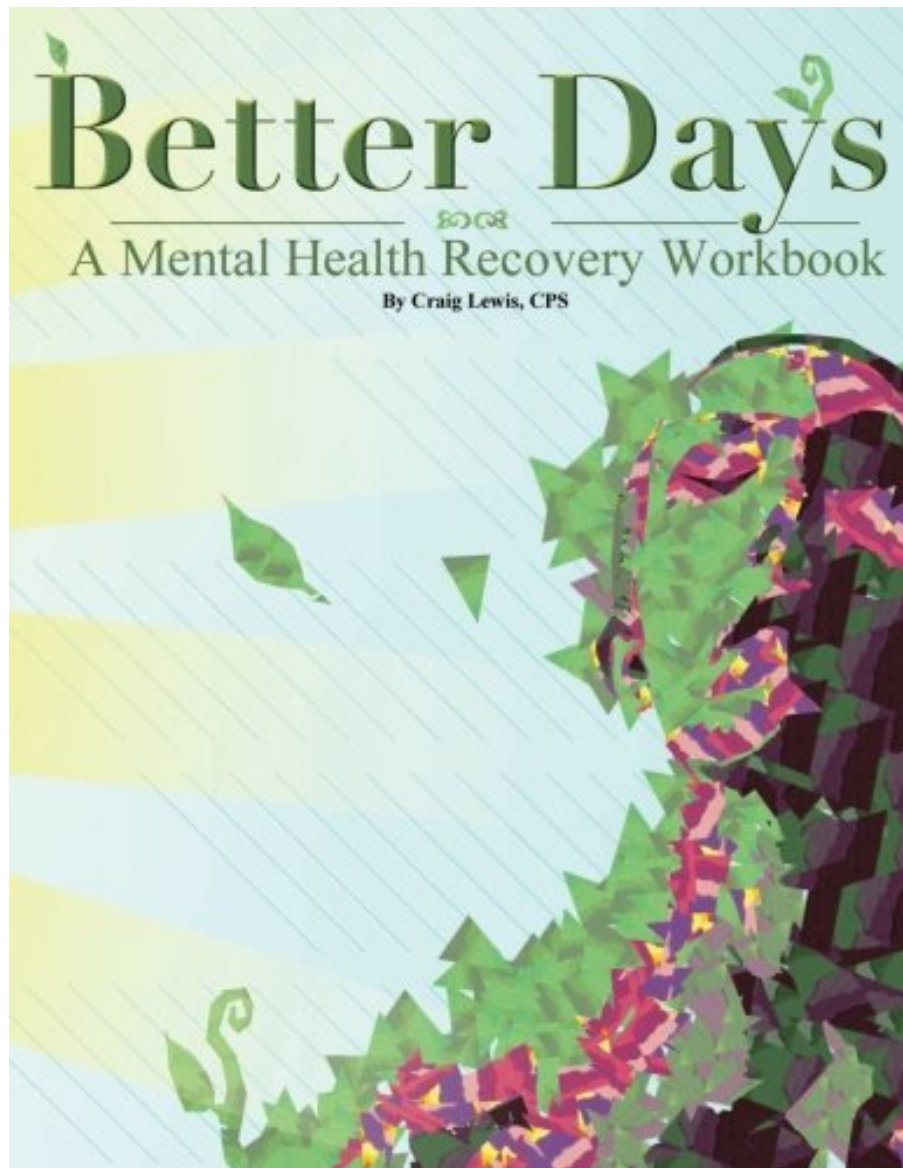


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This book helps those aspiring toward recovery and wellness and also those in recovery, because it addresses and challenges the individual - in very real, basic and honest ways - to make significant cognitive adjustments in how they live their lives. The beauty of this curriculum is that people like to do it and don't consider it a chore, a demand, or a requirement, because every page subtly encourages the individual to think in realistic and forward-moving ways. This allows them to feel good about doing the work. This book is for any person who struggles with their mental health and who wants to live a happier life as well as for any person who wants to improve their quality of life, how they deal with stress, obstacles, difficulties and other people and live a happier, healthy and much more stable life. I based this book on my personal life and recovery, and every page has been used successfully in peer group settings.

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Most helpful customer reviews

7 of 7 people found the following review helpful.

Better Days - A Workbook that Works

By michelle hurrell

My name is Michelle Hurrell, a Certified Peer Support Specialist and Certified WRAP Facilitator and I have used Craig Lewis' book with clients. A big part of WRAP is personal responsibility, which is not about taking blame for terrible things that happen, but instead, trusting ourselves to deal with the aftermath. We cannot change our experience of mental illness, addiction or trauma, but we can become resilient and decide to begin again. Each module from resiliency to working through pain to choosing better ways to react asks the reader to look inside themselves for the answers. This is not to say that Mr. Lewis does not guide the reader through the pages, because he does. He asks poignant questions and asks the reader to provide examples from their own experience. Using this workbook, myself, reminded me of what Kahlil Gibran said about teaching, "No man can reveal to you aught but that which already lies half asleep in the dawning of your knowledge". This book has guided me and others through difficult times by encouraging one to look inside and dig deep to figure out where the heartache began. Mr. Lewis knows one can find his or her way out of the darkness of depression and trauma, if they look inside themselves and ask the important questions such as, "What are two things that you do in life that have meaning to you?" Such a question may seem simple, but difficult to answer when in the valleys of depression. Meaning and purpose are key to having "better days" and Mr. Lewis knows this, because he has lived it and offers the wisdom of his journey to us within these pages. I recommend this to anyone who is struggling, knows someone who is struggling or is

facilitating a group meant to help those struggling. You won't come to the last page unchanged.

5 of 5 people found the following review helpful.

Through gentle guidance, and a can-do spirit, this workbook is a great way to help maintain your mental health.

By shannon

Really good workbook for after being diagnosed with mental illness. The author, Craig Lewis, provides a question, problem, or anecdote to read and prompting you to relate it to your own life, the next page has 3 questions and space for you to answer. Setting aside 20 minutes a day to do this helps me to check in with my emotions. Reading these pages gives me optimism about living well with a mental illness. It helps me to figure out what to do when I am more ill. It seems like there is no situation that can't be handled with this guidebook. It should be used in addition to medical help, of course. Craig Lewis even recommends using it with a therapist. I think at the end of the day, what I most appreciate from using this guidebook is knowing that I am not alone in my struggles to maintain my mental health.

2 of 2 people found the following review helpful.

Better Days: A Retrospective

By Jordan

Mental illness, addiction, and other non-visible ailments are tough. Often, mental illness puts us in the role of the victim: we suffer from mental illness, we are addicts. These sicknesses of the mind can force us into becoming shadows of ourselves - we are told that we are less than human by way of mental differences. In my experience as a recovering alcoholic and a long-time depressive, treatment can be a means to shrug off responsibility, admit defeat, and use our illness to excuse living half as well as we should.

I got in touch with Craig through my friend Sean as we were talking about mental illness and addiction. At the time, I was still in the thick of poor living habits and unhealthy substance intake. I interviewed Craig for my blog and purchased a copy of better days following a successful transcription. Fast forward several months and I have decided to get sober and put my recovery first. Granted, I enlisted in a program that helped give me the necessary tools to soften my triggers and bolster my ability for success.

On the same token, there's something to be said for visible reminder of where we came from and what we want to achieve. Craig Lewis' Better Days is a good log for this. The book focuses on introspection that can be readily turned into applicable measures for life improvement. As a user of the book, I can assure any and all interested parties that it serves to better understand the recovery process as well as becoming a simple document for the days during which we feel disheartened. Craig is a master of giving the reader the resources to become an advocate for his or her own recovery. Rather than a simple recovery textbook, Better Days becomes a sort of beneficial sidekick to constantly remind the reader of his or her steps taken to better his or her life.

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