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Blogger Inspires People with Mental Illness by Promoting Coping Tools: New Book Details How to Live Well in Recovery

Atlanta, Georgia—October 5, 2019—Ashley Smith, author of the blog, *Overcoming Schizophrenia*, publishes her second book, *What's On My Mind? Coping Takes Work, Volume II* that is forthcoming in October 2019. This book is a collection of blog articles that focuses on recovery.

Through the *Overcoming Schizophrenia* blog, Ashley candidly shares her journey with schizophrenia as an advocate and peer in recovery. Her blog focuses on a wide range of topics such as the benefits of therapy and practical coping techniques to maintain wellness.

Countless doctors recommend medication to support mental health recovery. However, few people discuss ways to live well in recovery. Ashley has been in recovery for over 12 years and endured self-stigma, discrimination, and court-ordered hospitalization. Her new book, *What's On My Mind? Coping Takes Work, Volume II*, will become available on Amazon in October 2019.

“An essential guide for anyone who is living with schizophrenia, Coping Takes Work provides a practical blueprint for recovering from a serious brain disorder.”

—Terri Morgan, Author of *The Genetic Lottery: A Novel Look at Schizophrenia*

“Ashley Smith is a champion of recovery from schizophrenia, and her writing is relevant and inspiring... Coping Takes Work is a great resource for social workers and clinicians... The information presented in this book will also help the reader better understand the experience of schizophrenia, and this will shatter the stigma.”

—Bethany Yeiser, Author of *Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery*, and President of CURESZ Foundation

Mental Illness Awareness Week is October 6-12, 2019. This national mental health awareness week was established in 1990 by the U.S. Congress in recognition of the efforts by the National Alliance on Mental Illness (NAMI). Ashley Smith is a mental health advocate, blogger, and former board member for NAMI Georgia, Inc. To learn more about Ashley Smith and the new book, visit her blog at <https://overcomingschizophrenia.blogspot.com>.

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