



For Immediate Release

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New Book Redefines Recovery with Practical Coping Tools

Atlanta, Georgia—October 12, 2019—Ashley Smith, author of the blog, *Overcoming Schizophrenia*, self-published *What's On My Mind? Coping Takes Work, Volume II* during Mental Illness Awareness Week. The blog's key messages bring attention to schizophrenia and how recovery is possible. A popular review identified Ashley's blog among the "Top 20 Schizophrenia Blogs and Websites to Follow in 2019."

"*Coping Takes Work* is a collection of inspiring articles from my blog, *Overcoming Schizophrenia*. My story focuses on how I master resiliency through different coping strategies," said Ashley Smith.

Ashley Smith is a mental health advocate who has been in recovery for over 12 years. She endured a court-ordered hospitalization among a range of challenges. The advocate's story was highlighted in Janssen Pharmaceuticals documentary, *Living with Schizophrenia: A Call for Hope and Recovery* (2011).

Ashley Smith is an author, blogger, and former board member for NAMI Georgia, Inc. Her new book, *Coping Takes Work* is available on Amazon in the Kindle Edition and paperback formats. Here are what authors and mental health advocates said about Ashley Smith's book, *Coping Takes Work*:

"A recovery story of grit and grace that will empower you to manage challenges effectively."

—Christina Bruni, Author of *Left of the Dial: A Memoir of Schizophrenia, Recovery and Hope*

"Ashley Smith's book, *Coping Takes Work*, is a rich guide to staying well, despite living with the stigmatized mental health challenge of schizoaffective disorder. It offers practical recovery tips and a story of hope that will enrich the lives of those living with mental health challenges, their supporters, including mental health professionals."

—Corey Jones, Author of *Hope Is Real: I Have a Purpose*

"Ashley has an amazing ability to provide insight into living with and managing a mental illness. She allows others to see her as a human being rather than a diagnosis, while also providing helpful tools, encouragement, and hope for those on their own recovery journey."

—Jean Toole, President/CEO of Community Friendship, Inc.

Finally, go to Amazon to purchase Ashley Smith's book, *Coping Takes Work*. Lastly, to learn more about Ashley Smith and her blog visit: <https://overcomingschizophrenia.blogspot.com>.

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