



# **Moving On: A Guide to Good Health and Recovery for People with a Diagnosis of Schizophrenia**

*Roz D'Ombraine Hewitt*

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About one person in a hundred will be diagnosed with schizophrenia at some time in their life. The condition can be severe and debilitating with symptoms such as delusions, hallucinations and the loss of concentration, motivation and social skills. But schizophrenia is not a degenerative or life-threatening condition and in recent years improved knowledge and understanding, psychological treatments and more tolerable medication have greatly increased people's ability to manage their symptoms and live a 'normal' life. This straightforward, accessible and inspiring guide provides information on: - The myths and misconceptions surrounding schizophrenia- The possible causes and how the illness is diagnosed- Medication and other treatment options; sources of support- Improving health and well-being- Employment - paid and voluntary- Complementary therapies - Counselling and psychotherapyThe guide also includes the latest research findings and personal accounts of recovery by people with the diagnosis.



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