



Wellness Recovery Action Plan

Mary Ellen Copeland

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Learning self help skills for dealing with physical and emotional symptoms can be simple...but it's a much greater challenge using self help methods during the most difficult times-when they can help the most-and incorporating them into daily life.

This book presents a system developed and used successfully by people with a variety of physical and emotional symptoms. It has helped them use self care skills more easily to monitor their symptoms, decrease the severity and frequency of symptoms, and improve the quality of their lives.

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