



Pathways to Recovery: A Strengths Recovery Self-Help Workbook

Priscilla Ridgway, Diane McDiarmid, Lori Davidson, Julie Bayes, Sarah Ratzlaff

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"Before I heard of Pathways, my mental illness defined me. When I started the workbook, I realized my recovery defined me. By the time I finished it, I realized I could define my own life." ~ Pathways Reader

This quote by a reader of Pathways to Recovery points to the impact the workbook—and its accompanying group facilitator's guide—continue to have for individuals who experience symptoms associated with mental illnesses. Now in its sixth printing, the workbook has developed a strong and loyal following. In 2003, Pathways was listed as one of the top three national recovery education tools by the Center for Psychiatric Rehabilitation and it received the Lilly Reintegration Award in 2009. It has also been widely used by the U.S. Veteran's Administration, several state Departments of Mental Health and a wide variety of consumer-run organizations. Individual readers, family members, peer support workers and other mental health providers throughout the United States and internationally have used the workbook with great success. Working in partnership with recovery educators, consumer co-authors and an advisory group of Kansas consumers to develop the materials, Pathways to Recovery translates the evidence-supported approach of the Strengths Model—an approach developed in Kansas and that has been used effectively for over twenty years worldwide—into a person-centered, self-help approach. The Strengths Model has proven successful in reducing psychiatric hospitalization, allowing people to set and achieve person goals and, in turn, improve one's quality of life. Pathways to Recovery puts the process of setting goals and creating personal recovery plans into a self-guided format. The workbook doesn't concentrate on psychiatric symptoms, treatments or disorders. Instead, the book guides readers through a process of exploring their own recovery journey while creating a long-range vision for their lives. The workbook format guides individuals to explore their current lives and set goals across ten life domains that include creating a home, learning, working, nurturing a social circle, intimacy and sexuality, wellness, leisure and spirituality.

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From reader reviews:

Walter Johnson:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite publication and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled Pathways to Recovery: A Strengths Recovery Self-Help Workbook. Try to stumble through book Pathways to Recovery: A Strengths Recovery Self-Help Workbook as your close friend. It means that it can to become your friend when you sense alone and beside that of course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know almost everything by the book. So , let me make new experience and knowledge with this book.

Anthony Russell:

In this 21st millennium, people become competitive in most way. By being competitive today, people have do something to make all of them survives, being in the middle of often the crowded place and notice by means of surrounding. One thing that often many people have underestimated it for a while is reading. Yes, by reading a guide your ability to survive boost then having chance to endure than other is high. For yourself who want to start reading some sort of book, we give you this specific Pathways to Recovery: A Strengths Recovery Self-Help Workbook book as beginning and daily reading publication. Why, because this book is usually more than just a book.

Adrian Kester:

Reading a book can be one of a lot of exercise that everyone in the world likes. Do you like reading book thus. There are a lot of reasons why people fantastic. First reading a e-book will give you a lot of new data. When you read a e-book you will get new information because book is one of several ways to share the information or perhaps their idea. Second, looking at a book will make you actually more imaginative. When you reading through a book especially tale fantasy book the author will bring that you imagine the story how the character types do it anything. Third, you can share your knowledge to other people. When you read this Pathways to Recovery: A Strengths Recovery Self-Help Workbook, it is possible to tells your family, friends as well as soon about yours reserve. Your knowledge can inspire average, make them reading a guide.

Margarito Rone:

Reading can called imagination hangout, why? Because when you find yourself reading a book particularly book entitled Pathways to Recovery: A Strengths Recovery Self-Help Workbook your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely might be your mind friends. Imaging each and every word written in a guide then become one application form conclusion and explanation this maybe you never get before. The Pathways to Recovery: A Strengths Recovery Self-Help Workbook giving you one more experience more than blown away your mind but also

giving you useful details for your better life with this era. So now let us teach you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

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