



My Invisible Cosmic Zebra Has a Mental Illness - Now What? (Paperback)

By Jessie Riley

Kitanie, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you've ever felt overwhelmed or clueless about how to navigate through life after being diagnosed with a mental illness, My Invisible Cosmic Zebra Has a Mental Illness--Now What? is for you. Written from a non-medical perspective, teens and young adults can use the 100-page creative workbook as a resource tool for understanding the myriad of funny-but-not-so-funny non-medical challenges they might encounter after diagnosis. The workbook is full of positive ideas, coping methods, creative visualizations, coloring pages, and lots of lovable cosmic creatures who give comforting advice--all with the aim of bringing hope, humor and inspiration back into the lives of those living with a mental illness. The Invisible Cosmic Zebra Collection is published by Kitanie Books at.

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