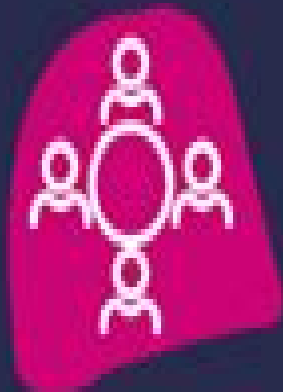
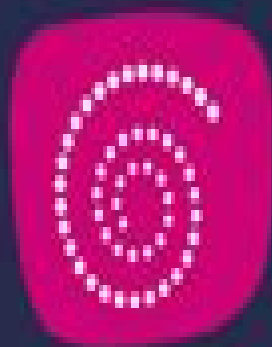


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issues in itself In Depression Mania and Psychosis as My Path to Wholeness and Well Being Paul Rubin is open and honest about his lived experiences with mental health issues in hopes as a demonstration to destigmatize what he believes are just human experiences By being able to openly acknowledge these experiences to ourselves he believes from his own learning that we can then move forward in our own healing towards a sense of wholeness and well being Ever since childhood Paul became aware of his mental processes and how perceptive he was However due to his ignorance of his own family story he did not realize how he was not to blame for his own predicament with mental health challenges Not until he got to graduate school did things break down further and Paul was forced to face some of his toughest struggles in life Surviving these experiences he learned his own strength and resilience under catastrophic circumstances Paul thrives today and wants to share his truth to potentially create openings for others to acknowledge similar experiences as opposed to living in silence due to shame embarrassment or fear Paul Rubin writes for anyone struggling with mental health issues This is a challenging journey to be undertaken alone and he writes in the hopes that those suffering can possibly find themselves in his story and then begin to acknowledge these experiences at least to themselves

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