



## 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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### Reviews

*This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Cassandra Von**

*Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. Its been developed in an exceptionally simple way and is particularly just after i finished reading this pdf in which basically transformed me, modify the way in my opinion.*

-- **Hank Runte**