



# **When Do I Get My Shoelaces Back?.....a Diary of a Psychotic Breakdown.**

*Suzy Johnston*

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## **When Do I Get My Shoelaces Back?.....a Diary of a Psychotic Breakdown.** Suzy Johnston

In the third book based on her personal experiences of managing bipolar and psychosis, Suzy Johnston wrote of her recent and severe psychotic episode of mental illness in this edited version of the daily diary she kept for 7 months while recovering in a psychiatric ward. The book is highly original in that it does not provide a retrospective account of the episode and provides an immediate (and very literate) expression of mental trauma. It is relevant to mental health practitioners as well as a general readership. It is an informative and educational tool on the psychiatric experience of mental torment and its recovery.

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Playing with family in a park, coming to see the marine world or hanging out with friends is thing that usually you could have done when you have spare time, in that case why you don't try matter that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love When Do I Get My Shoelaces Back?.....a Diary of a Psychotic Breakdown., you may enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

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