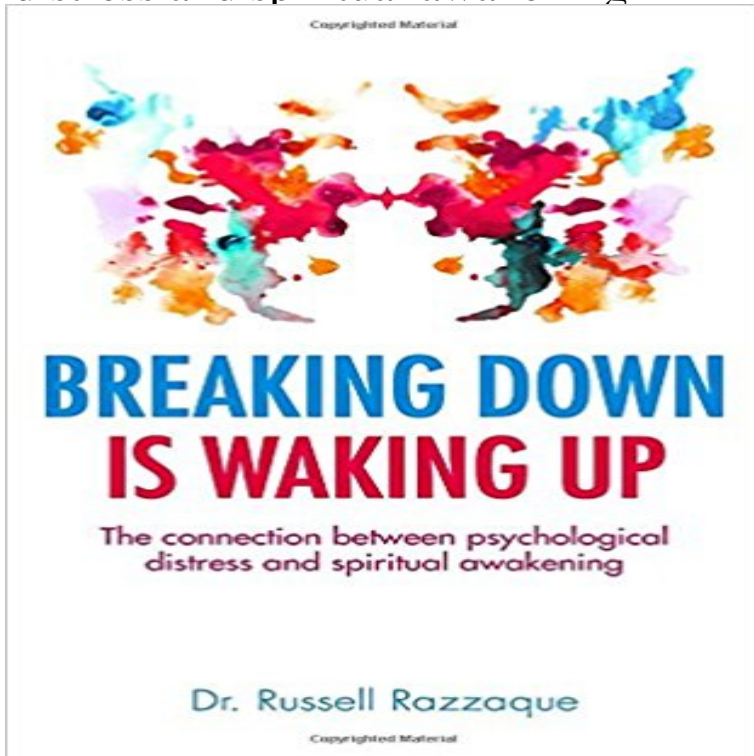


# Breaking Down is Waking up: The connection between psychological distress and spiritual awakening



Razzaque explores an entirely new way of understanding psychological and mental distress based on clinical case studies from a mental hospital. His extraordinary conclusion: mental illness can be a form of spiritual awakening. The book describes new forms of treatment for mental illness inspired by Eastern approaches and centering, in particular, around practices such as mindfulness and meditation. These therapies offer both patients and their families the inspiring idea that the approach to their psychological difficulties should go beyond just treating episodes of mental illness but also, where possible, help the individual to complete the process of spiritual growth they have begun. Dr Razzaque argues passionately that our society as a whole could benefit from developing an awareness of the spiritual power of this process of transformation. Written in the tradition of the bestselling medical doctors, Stanfords Irvin D. Yalom and Britains Oliver Sacks, Breaking Down is Waking Up, will speak to both professionals in the field of mental health as well as those suffering from mental illness, their family and friends and, indeed, all those who have an interest in exploring the deepest layers of what it really means to be human.

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