



Family Caregivers Unite!

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August 4th 2015: Mental Health Recovery by Never Giving Up on Doing Things Differently

Craig Lewis, www.betterdaysrecovery.com, is a Certified Peer Specialist living in Massachusetts. He has struggled immensely throughout his life. He has however successfully transformed it into a life of wellness. He talks about his life, challenges, and career as an author. He discusses his book 'Better Days – A Mental Health Recovery Workbook' and explains how it relates to the challenges he's experienced. He describes what he thinks are the most challenging of the challenges to recovery, self-regard and making adjustments to lives affected by struggling to achieve mental health recovery. He

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Featured Guest



Craig Lewis

Craig Lewis is a Certified Peer Specialist living in Massachusetts. He has struggled immensely throughout his life. He has however successfully transformed this into a life of wellness. He tours internationally, speaking about his lived experience and offering workshops, sharing his knowledge with others, in hopes of having an empowering impact on his community. Having the privilege and honor of being able to help others live more satisfying lives, provides him with a degree of meaning and purpose that he never believed possible. He has authored and published the coping skills guide, 'Better Days – A Mental Health Recovery Workbook'. He based the Better Days workbook on his personal life and

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