



# The Power of Procovery in Healing Mental Illness: Just Start Anywhere

*Kathleen Crowley*

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What if, instead of reaching backward to "recover" in the traditional sense, to a prior state of health, individuals with psychiatric diagnoses reached forward to procover, to focus on life instead of illness, to build new dreams and find new purpose? What if those who support and treat these individuals were able to easily create and support this change?

In *The Power of Procovery in Healing Mental Illness*, Kathleen Crowley--author of the powerful first person account of healing, *The Day Room, A Memoir of Madness and Mending*--shows that a simple shift in focus can initiate a transformative cycle of healing. This book tells you how and why. It is complete with extensive procovery notes for consumers, family and staff.

You don't have to start *The Power of Procovery* at the beginning; just start anywhere. You'll soon discover that procovery is within anyone's grasp. It's a path to healing built upon hope.

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