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# BREAKTHROUGH - Moving beyond YOUR mental-illness diagnosis to YOUR Highest-Functioning Outcome

*Linda Denke*

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*Linda Denke*

**BREAKTHROUGH - Moving beyond YOUR mental-illness diagnosis to YOUR Highest-Functioning Outcome** Linda Denke
The goal of this book is two fold: to educate the family member and / or caregiver about their loved one's disease, and second, to equip the reader with identified strategies to assist them in helping their loved one navigate through their mental illness diagnosis successfully and to live a high-functioning life. The book begins by introducing the reader to mom, Savannah Rutledge, and her son, Adam P. Rutledge, who today is a practicing attorney living successfully with a bipolar diagnosis. Meet, Linda Denke, PhD, who dialogues and walks alongside her reader as together they navigate the mental-health system. As a nurse leader and national speaker, she recently presented at the 2014 American Nurses Credentialing Center (ANCC) for the Magnet Recognition Program which credential nursing best practices and success strategies worldwide. Her contributions include mental health nursing education, training,coaching, mentoring, innovation, clinical excellence, and research aficionado.

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