The Courage To Find Sanity



A Memoir of Mental Illness, Recovery Lifetime Achievement and Hope

Michael O'Grady

The Courage To Find Sanity

by **Michael O'Grady**

BOOK DESCRIPTION

This a true autobiographical series of stories of a retired man who first suffered from schizophrenia at fifteen. Winning scholar and athletic awards, he went on to Princeton and graduate school. . Furthermore, it goes on to describe his role as a father and a successful businessman.

Reader comments on current draft:

- Inspiring

- A quick and easy read

- I stayed up all night to finish it

- It would be cathartic for anyone struggling with mental illness

- Uncle Mike (my nephew) it really helped me with my illness

- I never knew you could succeed with mental illness

- It enabled me to discuss more fully about how mental illness affects me

- L loved the stories of mike and his daughters

- It shows that ivy leaguers can get this disease too

- We all need to hear success stories like these

- I never realized that people with this illness could succeed.

- I loved the book

Etc. .etc.

The following was written by my college roommate based on an earlier release. We had not been in touch since college and he posted this on Amazon

I read and very much enjoyed this book. The life experiences Mr. O'Grady writes about -- a Green Bay/Giants game with his daughter, an amazing Boston marathon finish, a WWII memorial service for his father, etc. -- really touched me. And I had never fully appreciated what someone with schizophrenia has to deal with. Congratulations to the author on his many victories over that devil of a disease, and thanks to him for having the courage to share the story with the rest of us.

Helpful

This book stands as a key example of how the lives of

mental patients are no longer the death sentence it once was.

It is a great need for those who have been touched by mental illness or those who want a deeper knowledge of the actual experiences of those so afflicted.

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