



Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders

Carol Franklin

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At some point in your life you will probably start to think you are losing your mind, or that someone you know is in danger of losing theirs. The truth is that modern life is extremely stressful; there are many demands on your time and never enough hours in the day. However, being at the end of your tether, worn out and overwhelmed is not the same as having a mental disorder. In fact Mental health covers a wide range of illnesses including those which most people are aware of, such as schizophrenia (which is classed as a psychotic disorder). What you may not be aware of is the number of people who have personality disorders and the reasons for these disorders. Most people are not diagnosed until into their twenties and symptoms will naturally reduce in their forties or fifties. Knowing the difference between the various mental illnesses is essential to ensure you know when a friend or loved one needs professional help as opposed to just your care and attention. This book will guide you through the differences between personality disorders, mental disorders and psychotic disorders. It will help you to understand the different elements of a personality and how you can test your friends to find out which personality type they are. It will even enlighten you as to the basic traits of each of the sixteen personality types, according to the Myers Briggs Personality test. Reading this book will enlighten you as to the names and details of the nine main personality disorders, how to recognize the symptoms of each of these disorders and the best way to treat them. It is important to use this book as a guide to understanding these illnesses and to learn the best way to help and support anyone you know who is suffering from a personality disorder. However, a diagnosis must always be confirmed by a medical professional who will ensure treatment is available. Many people who have a mental health issue will not recognise the issue in themselves; this book will ensure you understand each condition and can help your loved one to get the appropriate treatment. Everyone deserves the chance to have a happy, fulfilling and balanced life. Read this and help those around you have that chance!

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