**DESCRIPTION**

This book offers a succinct model of recovery from serious mental illness, synthesizing stories of lived experience to provide a framework for clinical work and research in the field of recovery.

- Places the process of recovery within the context of normal human growth and development
- Compares and contrasts concepts of recovery from mental illness with the literature on grief, loss and trauma
- Situates recovery within the growing field of positive psychology – focusing on the active, hopeful process
- Describes a consumer-oriented, stage-based model of psychological recovery which is unique in its focus on intrapersonal processes

**ABOUT THE AUTHOR**

Retta Andresen is a Research Fellow at the University of Wollongong, Australia. Her research into the process of recovery and its measurement has received national and international recognition and interest.

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