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My name is Nathan Leary. My qualifications for writing this don't come from a degree, but from my personal battle with schizophrenia. I am not a clinician, but a survivor who learned to navigate immense challenges. I created this collection to share the resilience I've built and to empower others who are on a similar journey. Please, make a difference in someone else's lives by sharing this with others who may also benefit.

This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. <u>Full Disclaimer at stopthevoices.com/disclaimer/</u>

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