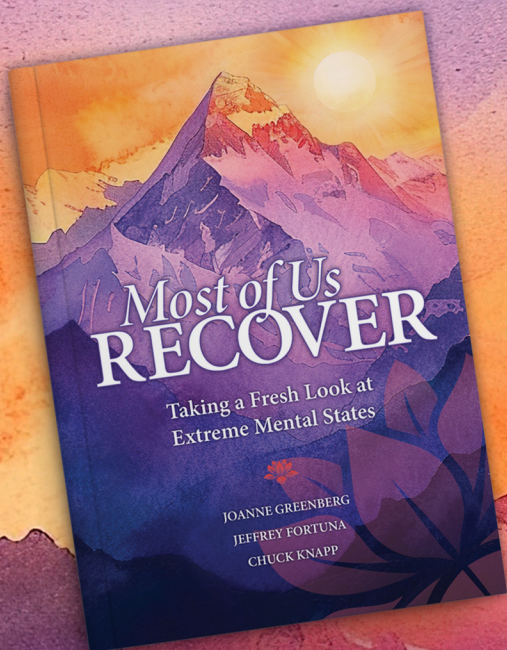




We are pleased to
announce that
Most of Us Recover
is now available
on Amazon:

[Learn More](#)

CHALLENGING THE COMMON BELIEF that severe mental health struggles inevitably lead to lifelong decline, we explore a more hopeful reality—that most people do heal, grow, and reclaim meaningful lives.

Intended primarily for families and people who experience extreme mental states, our book also speaks to any person seeking a fresh perspective on recovery.

Most of Us Recover goes where human beings go. People get well from extreme states and do it in a variety of ways. Trust the innate health in the animal that cries out. Do your own work. Fight like hell to find out about sanity.



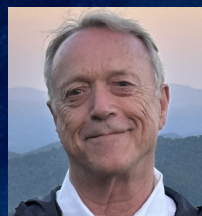
**JOANNE
GREENBERG**

Author of
*I Never Promised
You a Rose Garden*



**JEFFREY
FORTUNA**

Windhorse
Psychotherapist
and Teacher



**CHUCK
KNAPP**

Clinician Who
Helped Develop the
Windhorse Approach