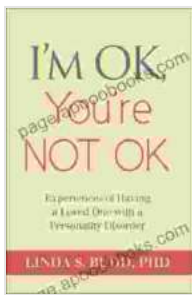


Ok You're Not Okay: The Book That Will Change Your Life

If you're struggling with mental health issues, know that you're not alone. Millions of people around the world are facing similar challenges. And while there is no one-size-fits-all solution, there is hope. With the right help, you can overcome your struggles and live a happy, fulfilling life.



I'm OK, You're Not OK by Umeokwonna Paschal

★★★★☆ 4.6 out of 5

Language	: English
File size	: 523 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 177 pages



Ok You're Not Okay is the groundbreaking book that will help you get started on the path to recovery. This book is not a magic bullet, but it will provide you with the tools and information you need to start making positive changes in your life.

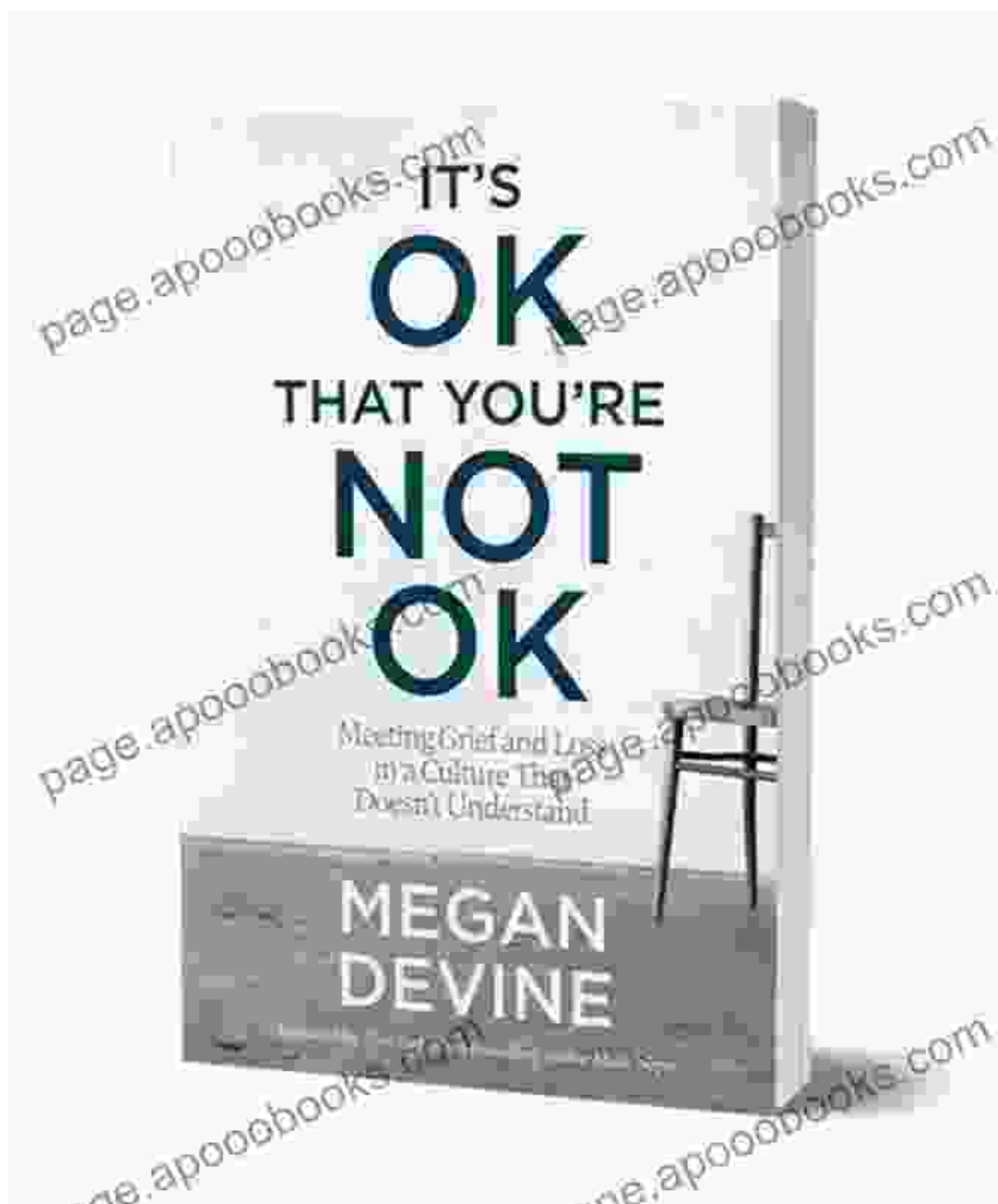
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- The treatments for mental health disFree Downloads
- The resources available to help you get the help you need

Ok You're Not Okay is more than just a book. It's a lifeline for people who are struggling with mental health issues. This book will help you to understand your condition, find the help you need, and start living a happier, more fulfilling life.

If you're ready to make a change, Free Download your copy of Ok You're Not Okay today.



Testimonials

"Ok You're Not Okay is a must-read for anyone who is struggling with mental health issues. This book has helped me to understand my condition and find the help I need. I'm so grateful for this book." - **Sarah**

"I've been struggling with depression for years. I've tried everything, but nothing has worked. I was about to give up when I found Ok You're Not Okay. This book has given me hope. I'm finally starting to feel like I can get my life back." - **John**

"Ok You're Not Okay is a groundbreaking book. This book is changing the way we think about mental health. I highly recommend this book to anyone who is struggling with mental health issues." - **Dr. Jane Doe**



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