



Madness and Oppression: Paths to Personal Transformation and Collective Liberation (Paperback)

By -

Icarus Project, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Fueled by hope and creativity, The Icarus Project has been artfully forging roads and making maps that define our journeys with mental health struggles in the context of a crookedly beautiful world. We re happy to bring to you Mad Maps: documents that we create for ourselves as reminders of our goals, what is important to us, our personal signs of struggle, and our strategies for self-determined well-being. Drawing from the input of hundreds of members of the Icarus Project community, this guide (the first of four), examines the intersections of oppression with mental health struggles and will take you step by step through the process of creating your own wellness documents.



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