

# ALL IN THE ASYLUM

## The Lazy Person's Guide To Self-Preservation

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### JUNE THIEMANN'S NEW MEMOIR INTRODUCES A NEW PROACTIVE, PREVENTIVE APPROACH TOWARD MENTAL HEALTH

Minneapolis, MN, September 4, 2014– *All In the Asylum; The Lazy Person's Guide to Self-Preservation* is slated for release on Sept. 5th, 2014. This important book about family, relationships, parenting, and motherhood chronicles a mother's return to the dead end where she grew up and finds through her children's eyes the beauty beyond straitjackets.

*All in the Asylum* is the first work by June Thiemann, a teacher, writer, and child advocate in Minneapolis. The project began 22 years ago after giving birth to her first son. Naming him after a brother who committed suicide, she began to put other names to the absences in her family. She couldn't complete the memoir until she figured out a strategy to keep herself and her kids from disappearing.

As the author explains, the themes represented in her book seek to provide solace for those trying to make sense of their own mental health or the health of a loved one. "How can anyone hope to spot an illness that by its very nature distorts perception? Instead, why not proactively seek out mental health resources for the family from the get-go?"

In response to this model, Dr. Jarrod Leffler, Child and Adolescent Psychologist in the Division of Child and Adolescent Psychiatry at Mayo Clinic, has said, "We don't typically think of traditional mental health services the same way we think about our primary care provider or our dentist, who is a professional in our lives and who we reach out to and have available to us. We only seek mental health providers in times of crisis or when there's a concern." In addition, Dr. Alan Kazdin, professor of psychology and child psychology at Yale University and Director of the Yale Parenting Center, has observed, "We need better assessments all along the way . . . Advances in treatment come from advances in assessment . . . from picking up the problem early and being able to intervene before it's too late." (Both comments in response to the author's proactive model as described on "The Daily Circuit" with Kerri Miller, Minnesota Public Radio, July 9, 2014)

With school shootings and mass murders “off the charts, “ as President Obama said recently, and suicides reaching epidemic levels—whether it’s Robin Williams, L ‘Wren Scott, Freddy E, or all the lesser-known teenagers, baby-boomers, and elderly victims, it’s time for a new approach to mental illness. ***All in the Asylum*** paves the way.

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***All In the Asylum: The Lazy Person’s Guide to Self-Preservation***, published by CreateSpace, is available from Amazon: <http://bit.ly/YcqzFU>

The author’s progress can be followed on Facebook: <https://www.facebook.com/allintheasylum>

Visit the book’s website: <http://www.allintheasylum.com>

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