



The Day The Voices Stopped: A Memoir of Madness and Hope

Ken Steele, Claire Berman

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For thirty-two years Ken Steele lived with the devastating symptoms of schizophrenia, tortured by inner voices commanding him to kill himself, ravaged by the delusions of paranoia, barely surviving on the ragged edges of society. In this inspiring story, Steele tells the story of his hard-won recovery from schizophrenia and how activism and advocacy helped him regain his sanity and go on to give hope and support to so many others like him.

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