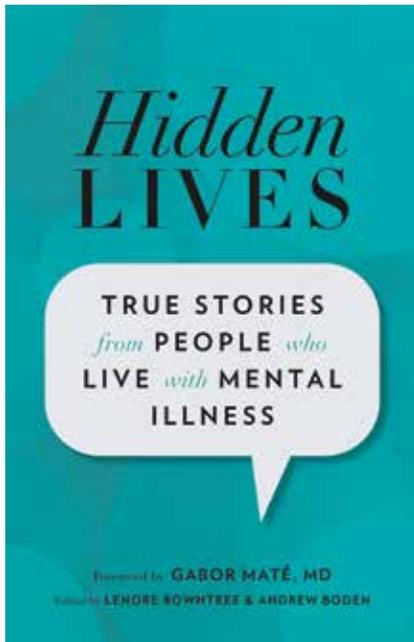
The background of the entire page is a wide-angle photograph of a rugged, arid landscape. The terrain is composed of light-colored, layered rock formations, possibly sandstone or limestone, which have been eroded into various shapes and sizes. The sky is filled with large, dark, dramatic clouds, with a patch of blue and white clouds on the left side. The overall mood is one of natural grandeur and historical significance.

# HGD

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**Mental Health**

Brindle &amp; Glass • May 2017

5.5 x 8.5, 280 pages

978-1-927366-53-0 • paperback • \$19.95

Also available in electronic formats

Editors' homes: Vancouver, BC, Canada;

Burnaby, BC, Canada

RIGHTS: World, all languages

BISAC:

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**HIDDEN LIVES**

True Stories from People Who Live with Mental Illness

Edited by Lenore Rowntree and Andrew Boden

Foreword by Gabor Maté, MD

A revised and updated edition of a collection of personal essays that illuminate what life is like for those who live with mental illness, and how it impacts their family members.

More than four million Canadians suffer from a diagnosable mental illness, and yet there is still considerable stigma and a great deal of misunderstanding surrounding even the most common diagnoses—schizophrenia, bipolar disorder, autism, obsessive-compulsive disorder, clinical depression, post-traumatic stress disorder, and dissociative identity disorder.

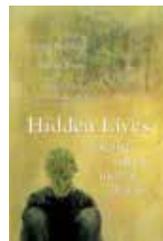
Raw, honest, and painful, these essays communicate disappointment and despair, but also courage and compassion. They offer a lifeline for sufferers and support for their friends and family, and promote new and improved attitudes toward those with mental illness.

With a foreword by respected physician, bestselling author, and renowned speaker Dr. Gabor Maté, *Hidden Lives* gives readers a place to turn, and provides a platform to share their struggle.

**Lenore Rowntree's** writing has appeared in several Canadian literary journals, and her poetry was included in the anthology *Best Canadian Poetry 2010*. She was shortlisted for a CBC Literary Award in 2009 for an essay written about her sister's childhood schizophrenia.

**Andrew Boden's** articles on mental illness have appeared in *Open Minds Quarterly* and *Other Voices*. His short story "Confluence of Spoons" was published in the 2010 Journey Prize anthology. He writes about his brother's schizophrenia.

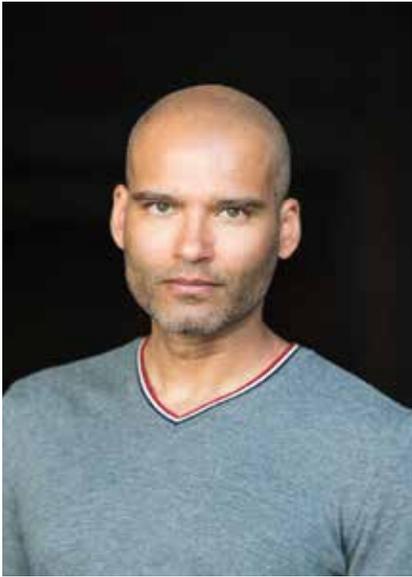
**Dr. Gabor Maté** is a bestselling author and renowned speaker who presented a TEDx talk in Rio. For years he worked closely with patients challenged by hard core drug addiction, mental illness, and HIV, and is now a co-founder of Compassion for Addiction, a new non-profit organization.

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## AN EXTRAORDINARY DESTINY

Shekhar Paleja

It's 1947 in Lahore, and the Sharma family is forced to flee their home during the violence of the Partition of India. As the train tracks measure the ever-growing distance between Varoon and his mother, who vanished during the panic to escape, the boy is thrust toward an uncertain future. Forty years later, Varoon's grown son, Anush, desperately tries to disentangle himself from his father's demands, which are mired in grief and whisky. Compounding the pressure is an unusually auspicious kundali—a Vedic birth chart—which threatens to suffocate Anush with lofty expectations. But when he meets Nasreen, he feels he may finally be experiencing the incredible fate foretold. Until his father interferes and blocks his chance at true happiness.

Threading artfully through three generations of an Indian family, *An Extraordinary Destiny* crafts an intricate narrative that reveals, in layers, how decades-old grief rooted in the trauma of history, and couched in familial duty and custom, threatens to sever the sacred connection between ancestors and descendants.

**Shekhar Paleja** graduated from the University of Calgary with his BFA in Theatre, and has many film and theatre credits to his name. A resident of Vancouver, he has also published two children's books, *Native Americans: A Visual Exploration* and *Power Up!* *An Extraordinary Destiny* is his debut novel.

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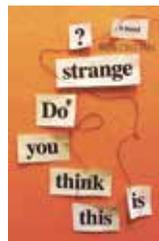
**SONJA & CARL****Suzanne Hillier**

Sonja Danychuk, a serious and introverted student, takes pride in her intellect and academic achievements—essential skills when growing up in a dirt-poor family that struggles to survive in a small town. When her father is cut down by a fatal heart attack, Sonja must find a way to pay for college while also supporting her financially strained mother. She agrees to tutor Carl Helbig, her high school's hockey star and NHL hopeful, despite her strong aversion to his jock-like persona and what she perceives to be his intellectual inferiority.

Carl graduates and embarks on a wildly successful career in the NHL, but he soon finds himself in the brain trauma unit after sustaining concussions on the ice. He and Sonja are once again drawn together, eventually hurtling toward a tragedy that neither of them can outmanoeuvre.

Skating swiftly between tenderness and tension, *Sonja & Carl* is a surprising and heartrending love story that exposes the dark side of professional hockey.

**Suzanne Hillier** is a former schoolteacher and retired lawyer who loves to cook for her family, cheer on the Toronto Blue Jays, and spoil her many grandchildren. Since retiring from her law firm, which she established in the 1970s, she has succumbed to her first love: writing.

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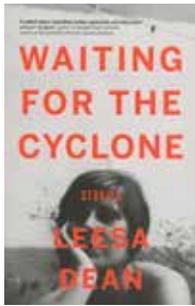
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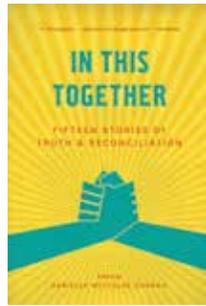
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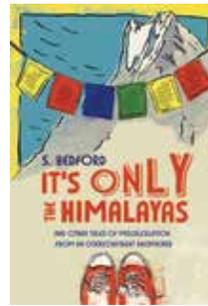
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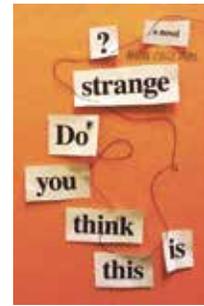
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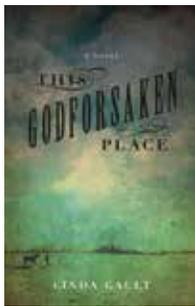
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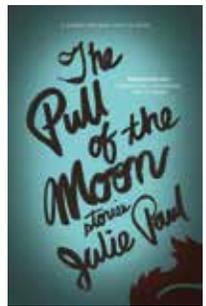
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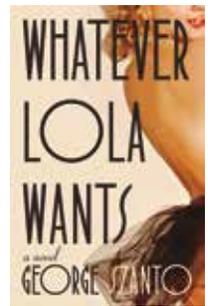
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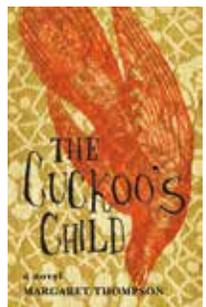
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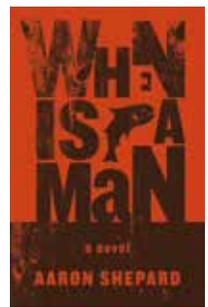
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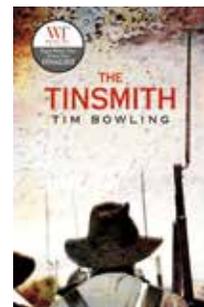
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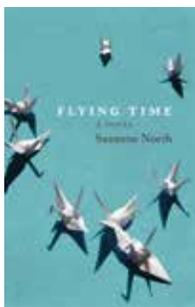
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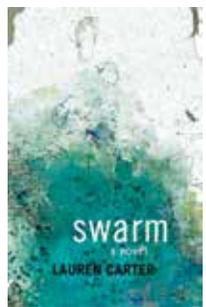
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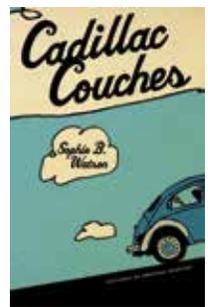
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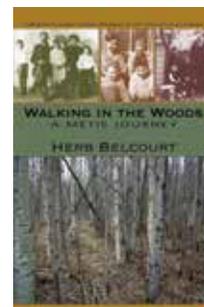
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