

Neglecting her mental health for years, Adhirai lost everything in a psychotic breakdown. Unable to work, study, travel, drive or live independently, life as she knew it was basically over.

Determined to regain control, she committed to turning her life around.

Drawing on the lessons she learnt along the way, Adhirai created a guide for mastering your mental health. Join Adhirai, as she shares her experience of coming back from a mental health crisis to transform every area of her life.

Now you can create your own roadmap to rebuild your life, thrive...and so much more! In this book you'll learn how to:

- Get clear on where you are right now and where you want your life to be
- Understand your mental health so that you can take back control
- Develop the tools to manage your mental health
- Build your support network
- Level up in every area of life

It's time to reclaim control and create an extraordinary life...regardless of where you are in your journey!

Author's Bio:

Adhirai Prema Maninilavan is a New Zealand based author, speaker, and co-founder of Dreamers Duo - a community for women who are ready to make their dreams a reality. Her philosophy is all about creating the life of your dreams. And having a lot of fun along the way! You can find her at www.adhiraipm.com and @adhiraipm on Instagram