

**Mental Health Carers  
Arafmi Queensland**

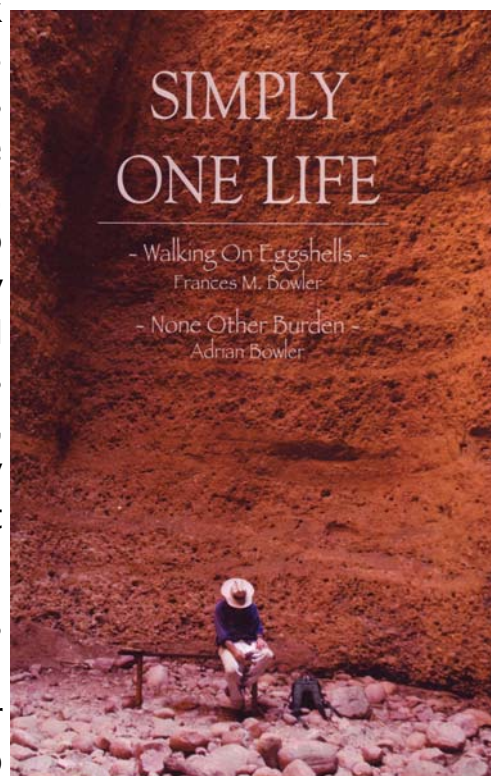


## **Simply One Life**

**Simply One Life" brings together Frances Bowler's moving personal story - *Walking on Eggshells* - with the powerful poetry of her son Adrian - *None Other Burden***

"My Mother and I gave birth to this book through many years of pain and travail. As anyone connected with mental illness knows, be it carer or sufferer, the road we travel is an extremely arduous one, sometimes even, for some, too much to bear. The main reason I give for my surviving schizophrenia is the support I have received from friends, professionals such as the wonderful staff at Jerendine, and especially family in the form of my parents and now my Mother, who went through the whole terrible journey with me.

This book is a healing tool for both of us and our only hope is that someone else will find some encouragement through our words and the will to carry on just one step more - one step at a time".



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