



Walk a Mile: Tales of a Wandering Loon (Paperback)

By Chris Young

Trigger Press, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Trigger Press are proud to announce Theinspirationalseries, partner to their innovative Pullingthetrigger range. Theinspirationalseries promotes the idea that mental illness should be talked about freely and without fear. As a kind, chatty, and good-humoured man with a zest for life and a passion for helping people, Chris Young adored his job as a social worker. But things fell apart when, in 2008, he was diagnosed with borderline personality disorder. His illness brought about the end of his calling and he found himself in need of a new project and purpose. And so it came to be that in 2011 Chris began a campaign called Walk a Mile In my Shoes. He walks around the edge of the UK - the edge of society being where many people with mental health problems feel they are - without spending any money and relying on the kindness of strangers. In 2015 he joined forces with See Me Scotland to distil the success of the coastal walk into a series of events, inviting other people to join him and discuss mental health. He encouraged them to literally walk a mile...



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