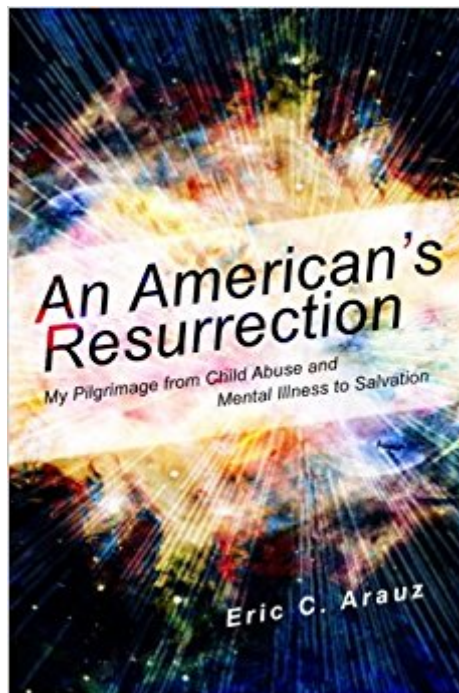




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# An American's Resurrection: :My Pilgrimage From Child Abuse And Mental Illness To Salvation



## Synopsis

"Unputdownable" Writers Digest National Judge Review "Compelling, heart-rending, unputdownable all describe Eric C. Arauz's intensely personal battle with brutal child abuse, drug addiction, mental illness and post-traumatic stress syndrome. From the opening paragraphs, which immediately and evocatively thrust the reader into the author's kaleidoscopic perspective while under restraint in a mental hospital to the rollicking end which depicts an almost unthinkable comeback of the author's college football team which he equates to his own life circumstances, every page of this book is laced with love, terror and determination." Writers Digest

## Book Information

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## Customer Reviews

"No other book I have read about mental illness captures the intensity and at times insanity of thoughts and feelings like *An American's Resurrection*. When Eric describes his first episode of illness as "pulling the pin on his mental grenade" you brace yourself and get ready for the explosion...Should be required reading for staff in every psychiatric hospital." Jill Williams, MD; Associate Professor of Psychiatry and Director of the Division of Addiction Psychiatry; UMDNJ-Robert Wood Johnson Medical School "Eric Arauz is an American original. He is also a remarkable human being. In thirty years of teaching I have never seen a student take literature more seriously, or bring its insights more fruitfully to bear on his own life.

Read this compelling book for inspiration and illumination. You won't be disappointed!" Jackson Lears; Æ Editor-in-chief *Raritan: A Quarterly Review*; Æ Elected fellow of the American Academy of Arts and Sciences; Contributor to the New York Times Book Review, London Review of Books and the Paris Review Æ "To understand recovery you need to listen to people in all of their journey--- the good and the bad. Eric's Æ experience is powerful, honest and covers all aspects of struggling with and mastering a dual diagnosis of substance addiction and bipolar disorder." Æ Æ Ken Duckworth MD; Æ National Medical Director-National Alliance on Mental Illness (NAMI) "This book brings a new perspective and viewpoint to the discussion and treatment of patients with Co-occurring disorders. Æ It highlights and underscores the necessity to accurately diagnose and treat patients, in order to obtain the best possible treatment outcomes that will not only be cost effective, but provide the efficacy of treatment that the patients, so afflicted, require and deserve." Æ Louis E. Baxter, Sr., M.D., FASAM; Æ Immediate Past President-American Society of Addiction Medicine; Æ Executive Medical Director Professional Assistance Program NJ, Inc. "As the treatment of Trauma has lost its way over the past thirty years, I would strongly recommend *An American's Resurrection* be compulsory reading for anyone wishing to work in the mental health field." Æ Anthony C Æ Stratford; Æ Senior Business Manager, Mind Australia; Æ Visiting Scholar, Yale University School of Medicine (2012); Æ Honorary Fellow, Faculty of Medicine, Dentistry and Health Sciences, the University of Melbourne Æ

"How does a veteran survive 24 hours in four-point restraints in a maximum-security psychiatric hospital to earn a faculty appointment to a medical school, national advocacy awards, and to lecture in an Ivy League university?" "How can a Liberal Arts degree save your life...and give you your destiny?"

This book is the most important book I have ever read. Eric dissects the inexplicable hell that mental disease can bring to those who suffer from it. *An American's Resurrection* brings hope to the hopeless in a profound way. The impact this book has had on my life cannot be depicted. I hold this book closest to my heart and will forever be the greatest story told. I suffer from the same illness Eric has overcome. I relate to Eric from the pangs of my personal living hell to the euphoric highs this disease brings. Everyone suffers to some extent, some more than others, and the reader who does not suffer from an acute mental illness can easily relate to Eric's expression of his condition. One can take this story and find solace that there is ALWAYS a way out of anguish. The reader can learn from Eric's resilient mindset he has toward overcoming and living successfully with his

condition and apply it to their own life to overcome one's personal struggles. There is no other book published that can bring the amount of consolation Eric's story brings. He embodies a panoply of visceral emotions in perfect parlance. This book is so skillfully written in a way that it allows the reader to feel as if he is walking through the torture of Hades right alongside Eric. I laughed, I cried and and cheered. Every possible emotion one can possibly feel will be surfaced upon reading this book! I reached out to Eric and met him for coffee at a local coffee shop. We talked for four hours and walked all around my college campus, the same college he went to in his story, Rutgers University. Eric is the most humble, authentic and down to earth person I have met. He is a modern day genius and warrior. He has fought the battle of mental disease which is arguably the hardest battle to win, but nonetheless; he is now prospering and thriving. We connected and related to each other in ways I have never found useful in therapy or in personal friendships. Eric is an advocate for trauma victims all over America and is an active member on many mental advocacy boards. He is living a life I one day wish to live. He is my Virgil. I read this book in two sittings, it is impossible to put down. Do yourself a favor and buy this book. Buy a couple, give a few to your friends and your friend's friends. This book should be a prerequisite to life.

Arauz's details of his personal tribulations, in conjunction with education, serves as a platform to encourage Social Workers, family members, and survivors of mental illness to advocate on behalf of this population and commit to providing supports, whether emotional, physical, or mental, despite its challenges. The tone and style of the writing, the author's argument for mental health system modifications and improvements, and the role of the book in the Social Work field and families were all strengths of the book. Overall, the book is an excellent read and reinforced the importance of my role as an active therapeutic support of individuals with persistent mental illness of approximately four years. Arauz teaches his audience not to minimize unconventional forms of communication and utilize critical thinking skills when recognizing crisis and intervening during its occurrence. Buy it!

Erik Arauz has a story to tell about the mental health system, and measures should be taken to preserve the patient's dignity and rights. Because he is the one who has the answers on how to save the life of the "lost people," he advocates for those desperate walking dead in the mental health system. He is a person on a mission, and his mission was and is to spread the word that resurrection is possible! The effectiveness of the author's arguments are very strong and is consider part of his strengths, he has the capacity to switch your way of thinking by only telling his story. The quality of his writing says

how intellectually and well-educated is. Beautiful story to recommend anyone.

This relentlessly honest account of Eric's life, struggles and redemption is painful and compelling. I could not read it fast enough so I read it twice back to back to absorb his messages and truths. His tale of bravery and persistence offer amazing insight into the complexities of mental illness for all involved: families, lovers, doctors, providers, teachers, friends. Please read this book if you have a connection to someone who is suffering. Thank you, Eric.

I am writing from my father's account. My name is Melanie Barovick and I have to announce that this is without a doubt the best book I have ever read. I felt like the author was speaking to me the whole entire time. This real-life story helped me understand mental illness and addiction, as well as recovery. I believe this book to be entertaining and informing. The writer uses simple language is to the point in his story. This would be my number one suggestion to someone looking for a book to read.

As a Social Work student I was assigned to read this book for one of my classes. I never expected this book to affect me the way it did. It is a truly inspiring story of one man's journey and battle through mental illness. Mr. Arauz came to one of our classes after we had read the book and I was blown away by how much he has accomplished; he is an excellent speaker and motivator. Whether you are reading this book for school, for pleasure, or to learn more about bipolar disorder, everyone can gain something from his story.

The book was amazing, and I was able to meet him. He is so inspiring, and if you get the chance, take it.

I was lucky to sit in a training with presenter Eric Arauz and afterwards I had to look up his book. What an inspirational story!

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