



# A Life on Hold: Living with Schizophrenia

*Josie Méndez-Negrete*

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## **A Life on Hold: Living with Schizophrenia** Josie Méndez-Negrete

For more than twenty years Josie Méndez-Negrete has endured the emotional journey of watching her son Tito struggle with schizophrenia. Her powerful account is the first memoir by a Mexican American author to share the devastation and hope a family experiences in dealing with this mental illness. Méndez-Negrete depicts the evolution of the disease from her perspective as a parent and by relating Tito's own narrative, illuminating the inadequacies of the US mental health system and the added burdens of addiction and blame. Through the author, Tito paints a vivid picture of his lived experiences and everyday traumas to show how his life and the lives of his loved ones have been impacted by mental illness.

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