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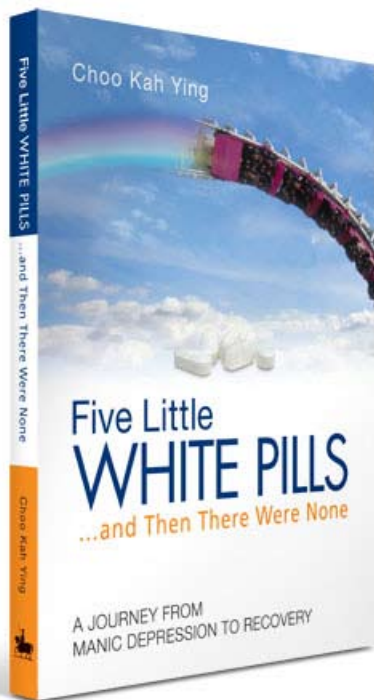
Five Little White Pills

...and Then There Were None

Choo Kah Ying



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Choo Kah Ying's journey from manic depression to recovery is more than just a story of overcoming mental illness. Emerging from the 'roller-coaster' ups and downs of depression and mania, she finds redemption in her love for her autistic son, which initiated her on a journey of healing and recovery. This real-life, coming-of-age story illuminates the resilience of the human spirit that turns adversity and pain into lessons of love and courage. *Five Little White Pills* challenges us to tap into our infinite capacity to accomplish things of heroic proportions. It also provides holistic and integrated strategies and tips for individuals and caregivers coping with the journey of manic depression.

"This book is a fine testimony to Kah Ying's courage in using the example of her life as the means to helping others and challenging society to think differently about mental illness."

Angelia Poon

Assistant Professor, National Institute of Education,
Nanyang Technological University, Singapore

PRODUCT DETAILS

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ABOUT THE AUTHOR

Formerly an academic researcher in the U.S. for eight years, Choo Kah Ying is a writer/educator and a homeschooler of her 12-year-old autistic son. Since her return to Singapore in August 2005, Ms Choo has published articles on raising and educating autistic children in *The Straits Times* and *Today*, as well as two books on autism — *All Because of the Hummingbird... or the Horse* and *Raising Sebastien: Realising the Potential of Your Autistic Child*. Apart from writing, she also provides training on teaching individuals with special needs for parents and teachers. She is currently living in Singapore with her son.



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