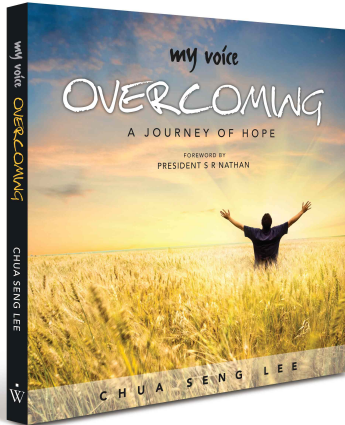


New Release

CHUA SENG LEE

My Voice: OVERCOMING
A Journey of Hope



Every life lost through suicide is one life too many. When his mentee, a 23-year-old undergraduate, tragically took his own life amid depression in early 2010, it caused Chua Seng Lee to despair and cry, "Why? What could have prevented this needless death?" Little did Seng Lee realise that mental illness, with the stigma surrounding it, is prevalent and a rising issue in Singapore. His sense of mission to raise mental health awareness led him to work on this pioneering book. My Voice: Overcoming captures the authentic, poignant and heartfelt voices of people who have suffered from different forms of mental illness, and how they have struggled and recovered. It also sends a message of hope through illuminating perspectives from leading psychiatrists, mental health practitioners and caregivers. Written in a tender and conversational style, readers will find this book riveting and assuring.

Recommended Retail Price **S\$20.00** | Singapore & Malaysia
 Recommended Retail Price **US\$20.00** | Rest of the World (Overseas postage applies)
 e-Book version available in September 2011
 ISBN13: 978-981-08-8465-9 | No. of Pages: 180 pages | 186mm x 186mm |
 Enquiry: publisher@writeeditions.com
 Published by **Write Editions**, 2011 Reprint 2012 | writeeditions.com
 Distributed by MarketAsia | marketasia.com.sg ■ Available in all major bookstores

About the Author

A veteran community leader, **Chua Seng Lee** has been involved in community work for more than 20 years. Since 1985, he has been inspiring numerous youths, young adults and professionals by giving talks, providing counselling and leadership in various projects both locally and internationally. He also actively promotes overseas humanitarian and youth exchanges, mentorship, and social enterprises. In recognition of his leadership and experience, Seng Lee was invited to serve as a Council Member of the 9th and 10th National Youth Council, the national coordinating body for youth affairs in Singapore. In March 2009, he was appointed as Chairman, National Youth Mentoring Steering Committee, and in December 2009, he was awarded the "Friend of MCYS" award. He holds a Master in Education and is happily married to Josephine Seow and has two beautiful children – Rachel and John.



Praise for My Voice: OVERCOMING

"My Voice: Overcoming echoes the collective voices of people in the realm of mental health... I commend the good work of 'My Voice' project team members."

S R NATHAN

FORMER PRESIDENT OF THE REPUBLIC OF SINGAPORE
 In His Foreword

"Seng Lee has turned his grief into a most worthwhile activity. In this book, he shares heart-warming stories of those who have battled and prevailed against depression."

ASSOCIATE PROFESSOR LESLIE LIM

Senior Consultant Psychiatrist, Singapore General Hospital
 Adjunct Associate Professor, Duke NUS Graduate Medical School

"I commend these stories to every person as we will see ourselves in these stories and realise that we can be better at responding to depression."

ANG BEE LIAN

Chief Executive Officer, National Council of Social Service