

KATARIINA
MOUNT

*Back from
Psychosis*



HOW I TOOK OVER THE MOUNTAIN

Back from Psychosis

how I took over the mountain

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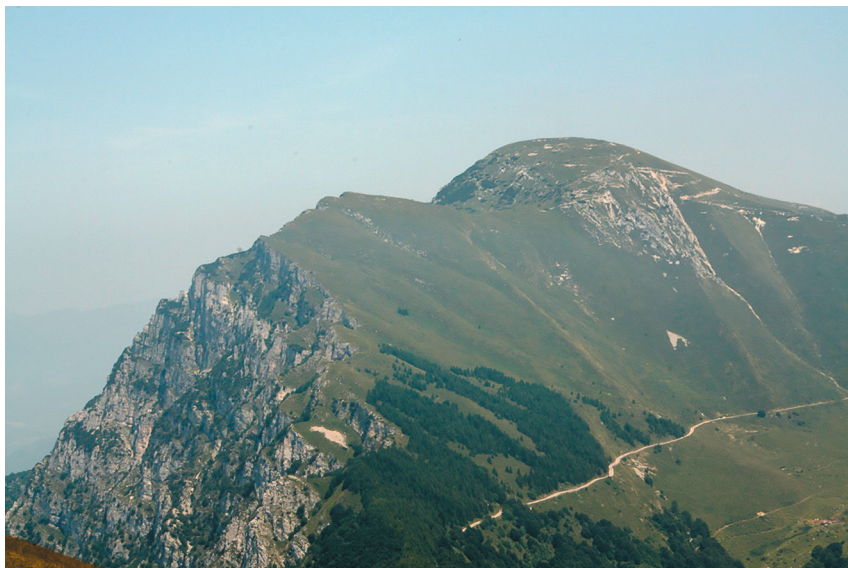
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**“Never measure the height of a mountain
until you have reached the top.
Then you will see how low it was”**

– Dag Hammarskjöld



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INTRODUCTION

I was diagnosed with psychosis in 1988, and in retrospect I would say that psychosis was my salvation. A person has certain limits that can't be crossed without risking illness. I was working on my thesis away from my hometown, and all the stressing factors that led to my psychosis were there to see: moving to a new place, getting to know new people, hurrying my thesis and suffering from sleep deprivation, the pressure to succeed, unhealthy diet and neglecting exercise. I managed to finish my studies and become eligible for work, although I did spend some time on a pension. At the moment in addition to my main profession I'm interested in taking care of my spiritual growth, with the help of various seminars, books and online courses. So, how did I recover? To begin with I allowed myself the appropriate time to heal, since it was clear I couldn't speed up the natural healing process. When a person suffers from psychosis, they need a very specific set of tools to make this process happen. Life is a gift, and should be treasured. Every person should take care of getting to know themselves, because it is only through self-knowledge that psychosis can be caught – and perhaps prevented – on time. In this book I share the four important tools that helped me overcome the illness. These tools are: conversational therapy that is started in the right moment, getting enough sleep, taking care of physical wellbeing (food, exercise and the right medication) and controlling the mind, which also includes researching and realizing personal interests, in addition to spirituality.

PART I

In this book Katariina Mount tells her story about being diagnosed with psychosis, and also her way to recovery with the help of various methods. The autobiography starts with memories from her childhood, and goes on to convey the importance of motivation and success during her student years. She quotes Dag Hammarskjöld: “Never measure the height of a mountain until you have reached the top. Then you will see how low it was.”

The unique story of Katariina Mount invites the reader to learn how she overcame a difficult illness. In her own words: “Keep looking ahead and enjoying the moment, no matter how difficult this might be at times. When you look to the horizon you can see – and you can be sure to get there”.



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