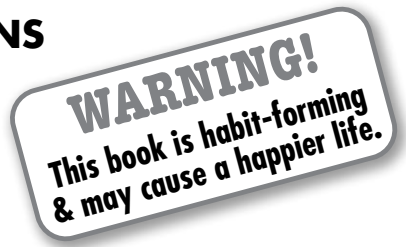


## QUICK START INSTRUCTIONS

**With 12 Mental Health Habits – we will uplift ourselves and heal the country we share.**



**SPECIAL NOTE:** This book and these 12 MENTAL HEALTH HABITS are for EVERYONE, EQUALLY. The most important statement I want to make in this entire book - is that every single person is valued, honored and respected for who they are. Welcome to BECOMING UNITY IN AMERICA. I'm very glad you're here.

– Elaine Parke, MBA, CS, CM, NSA

With this book, you have in your hand a do-it-yourself path to better mental health. It is a “one-minute a day,” magical guide to a better life and more empowered citizenship. Each of the 12 months of the year is branded with one colorful habit-forming mental health theme like resolve conflicts, help others, and be more positive.

***\*Please note:** This book contains a pro-active mental health protocol that is not a substitute for professional mental health therapy and counseling. If you are in therapy or in need of therapy, using this book will help you do a better job of responding to the therapeutic counseling available to you. It is not a substitute for therapy but will work hand-in-hand with therapy to improve your ability to lead a happier and more fulfilling life.*

There are hundreds of published books about habits, but none of them build good habits FOR you and WITH you. With less than one quick and energizing minute a day, this book will do just that. These Mental Health Habits will give you a better life and will also inspire you as a better citizen.

There are several introductory and closing chapters all about my history and how this 12-month protocol works and why, if you are interested. However, you don't need to read them right now unless you prefer to know more before beginning your own good habits adventure.



June's Caring Habit to "Be Adventurous" and to "Reach Higher" – being used to inspire young people in Berkeley Springs, WV to stay away from drugs at a "Don't Use Drugs" festival. The color is "Jolt Orange." Volunteers, Lori Michael and Norene Brown are manning the booth.