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Arnhild Lauveng

Something Much More Else. *Young People and Mental Health*

Arnhild Lauveng has, since her debut with the autobiographical book *A Road Back from Schizophrenia (I morgen var jeg alltid en løve, 2005)*, achieved great success as a non-fiction writer and lecturer. This is her fourth book, and this time on young people and mental health.

The first part of the book consists of stories about young people. Many of them have had experiences that make them sick, or they have just a lot of problems in their lives. They don't know quite what to do, but through help and guidance they are able to overcome the problems and move forward.

In the last part of the book you will find facts about mental illness, how to get help, about self confidence and much more.

Arnhild Lauveng

Arnhild Lauveng was educated at the University of Oslo, and has worked as a clinical psychologist. She is now a PhD student at the Akershus University Hospital, outside Oslo.

In 2004, she received the Mental Health Prize for her contributions to improving openness and freedom of speech in psychiatry. Lauveng published her first book, *I morgen var jeg alltid en løve*, in 2005.



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