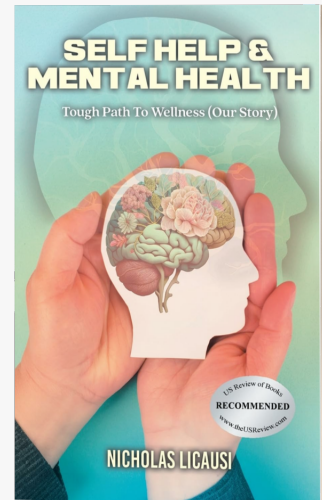


Nicholas Licausi Shares a Dual Perspective on Schizophrenia in 'Self Help and Mental Health'

Co-authored with his son, the nonfiction guide offers an inside look at the road from remission to recovery and the role of family in long-term support.

YORBA LINDA, CA, UNITED STATES, July 10, 2025 /EINPresswire.com/ -- In "[Self Help and Mental Health: Tough Path to Wellness](#)," author Nicholas Licausi and his son offer a rare two-sided view into living with schizophrenia—one from the individual navigating the condition, and the other from a parent and caregiver providing support through years of uncertainty, adjustment, and hope. The book explores the idea that schizophrenia, often seen as a fixed diagnosis, can move toward remission and even functional recovery with the right support systems in place.



Self Help and Mental Health: Tough Path to Wellness (Our Story)

Written with personal clarity and purpose, the book describes the son's experience of managing symptoms, building stability, and regaining a sense of control. Alongside his account, Licausi shares the broader family context—what it takes to maintain a support system, how relationships shift in the wake of a mental health crisis, and what practical steps helped them move forward together. The goal, as stated by both authors, is to demonstrate that improvement is not only possible but sustainable, particularly when stigma is reduced and community engagement increases.

The book also discusses broader mental health issues, including the stigma often faced by individuals and families, the importance of early support, and the potential for technology and innovation to play a greater role in improving outcomes.

Nicholas Licausi brings decades of experience in engineering and executive leadership to his writing. A graduate of West Virginia University with a degree in Aerospace Engineering, Licausi

worked for major companies across the United States and internationally. Following the loss of his daughter to cancer and his wife to illness, Licausi transitioned into writing as a way to contribute ideas and solutions to systemic issues, particularly in healthcare and public policy.

Beyond writing, Licausi continues to support innovation in healthcare through the Licausi Family Fund at NSU's Dr. Pallavi Patel College of Health Care Sciences, and a planned contribution to his alma mater, West Virginia University.

"Self Help and Mental Health: Tough Path to Wellness" is available now on [Amazon](#). More information about the author and his work can be found at <https://nicholaslicausibooks.com/>.

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