Unravel: To Unwell and Back

The exciting new memoir linking psychological trauma, hearing ‘voices’ and recovery

Greg Ralls

In his late 20s, Greg Ralls became mentally ill and experienced first-episode psychosis. He reported a suspected homicide to police and was straightjacketed and made an involuntary patient in a locked ward of Graylands Psychiatric Hospital...

‘Unravel’ documents Greg’s journey, from childhood to his adult years when his life fell apart as a result of devastating mental illness, and to recovery. Greg aims to debunk myths, relating his experience with clarity and honesty, in a book that offers readers the opportunity to gain an insight into an often hidden and taboo subject.

“Greg Ralls has written a personal account of his journey through mental illness to recovery. His is an optimistic story, it demonstrates that people do recover from serious mental illness. It also shows how telling one’s personal story can be a powerful force for recovery in itself.” Rod Astbury, Executive Director, The WA Association for Mental Health.

“Unravel’ is a brave and challenging book. Greg Ralls comes across as an ordinary bloke with an extraordinary story, which he shares in intimate detail. Anyone who wants a better understanding of mental illness would do well to dive into it. It’s scary – and rewarding.” Paul Murray, 6PR morning presenter/columnist The West Australian.

“I taught Greg Ralls in the 1990s. His journey, this book, shows that mental illness can strike anywhere, anytime – and can be cured.” Ian Plimer, Emeritus Professor of Earth Sciences, The University of Melbourne.

About the author

Greg was raised in rural Gippsland, Australia. He was a high academic achiever, a secondary school dux and school captain who later studied at The University of Melbourne, where he earned BE (Civil) (Hons) and BSc (Geology) degrees. Now in his early 40s, he resides in Perth, Western Australia, and works at a senior level within a global consultancy firm servicing the mining industry. He is a happily married father, and balances family and work commitments with passions for music, photography and videography. Greg is open and honest, an intelligent man with a positive attitude and remarkable story to share.

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Also: Planet Bookstore, 636-646 Beaufort Street, Mt Lawley (08) 9328 7464

Also available online in eBook format for various devices including Kindle (Amazon.com), iPad/iPhone (Apple iBookstore), Nook (Barnes & Noble)

Alternatively, visit www.vividpublishing.com.au/unravel to purchase copies or to contact the author.

(Part proceeds from book sales donated via GlobalQuest towards community-based, not-for-profit mental health support.)