

Waterside Press, Hampshire

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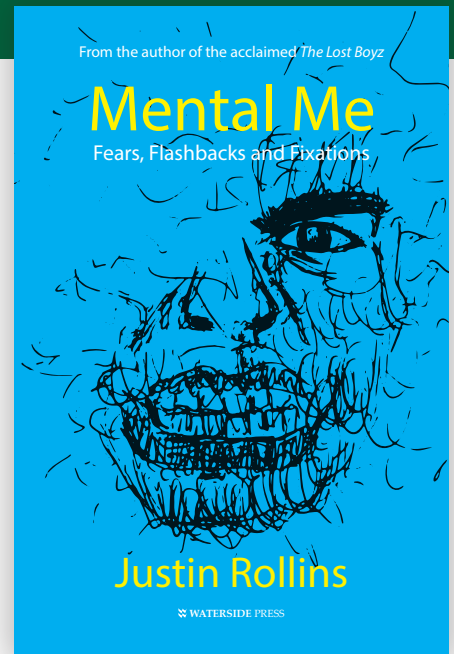
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Advance Information

Title	Mental Me
Subtitle	Fears, Flashbacks and Fixations
Authors	Justin Rollins Foreword Noel 'Razor' Smith
Publisher	Waterside Press Ltd
Format	Paperback, 234x156mm, 160 pages
ISBNs	978-1-914603-11-2
Price	£16.50 Rights Worldwide
Publication	29 March 2022 Edition 1st
Category	social issues, family issues, prisons, offenders
Subjects	VFJ=Coping with personal problems; JKVQ=Offenders; YXF=Personal and social issues: family issues;

Who will buy it? Mental health practitioners/support groups/ criminologists, social historians, prisons, colleges, youth workers, libraries, reform groups, students and researchers.



Justin Rollins' acclaimed *The Lost Boyz* (below) traced the author's early life on the streets. Ten years on, this new book describes how he did time in adult prisons and experienced other challenges including trauma, associated fears, flashbacks and fixations. It traces the origins of his anxiety, obsessive compulsive behaviour, complex post-traumatic stress and other life-limiting conditions. It tells of the violence and abuse in his past and explains how this drove many of his actions.

Fast paced and readable as any novel, the book describes how the author overcame 'locked-in' thinking and a violent lifestyle to become not just law-abiding but an acknowledged expert on street crime, gangs, drugs and youth culture.

It will be of interest to a wide range of people working with disadvantaged young people and those confronted by mental health issues and/or affected by 'ghosts' from the past.

Key Selling Points

- **Confronts topical mental health issues.**
- **Based on hard won first-hand experience.**
- **For general readers and experts alike.**
- **Ideal for youth training, development, debate.**

From the Foreword

'Hits you right in the gut with the power of a knock-out punch from a heavyweight boxer ... should be required reading for those who run our criminal justice system ... A great, but quite harrowing, read ... not to be missed.'

About the author

Following publication of his acclaimed *The Lost Boyz* (Waterside Press, 2011) the author became well-known in university and media circles making him a 'go to' expert on youth, gang and knife crime. He has for many years worked to divert young people from the criminal process. His struggle to overcome his own mental health challenges (resulting from abuse as a child and imprisonment) is the central theme of this captivating and informative new book.

The author of the Foreword

Noel 'Razor' Smith's best-selling books include *A Few Kind Words* and *a Loaded Gun: The Autobiography of a Career Criminal* (Penguin, 2005). As a journalist he has contributed to the national press and works for the highly respected prison newspaper *Inside Time*.