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## Huntsville man signs books, speaks on mental illness

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HUNTSVILLE, AL (WAFF) - A special book signing was held at the United Way office in Huntsville.

Huntsville resident James Hickman signed books and spoke to members of NAMI, The National Alliance on Mental Illness Tuesday night.

Hickman was diagnosed with schizophrenia in 1996 just as he was to enter law school at the University of Alabama.

His new book called, "The Mindful Son: A Beacon of Hope through the Storm of Mental Illness," chronicles his struggles as well as his family history with the disease. He said he wants others to draw strength from his successes.

"I want them to be inspired and know that you can overcome any obstacle with time and perseverance and the right mindset. I want people to know they can do anything they set their minds to," said Hickman, author.

Despite his diagnosis, depression, adversity and even poverty, Hickman received his Master's Degree in social work.

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Author James Hickman held a special book signing in Huntsville Tuesday night with National Alliance on Mental Illness.



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