

# Book: Seasons To Bloom

To order the book: [reflectivelily.com](https://reflectivelily.com)



## Recommendation from Greg Barber, Eco Friendly Printer:

(The exclusive printer of the eco-friendly copies of “Seasons To Bloom”)

Last fall, I got a call from a mom who wanted me to print her daughter, [Nicolette](#)'s book, featuring her mental health journey.

Nicolette's mom's key request was to print the book environmentally, using 100% Post-Consumer Waste Recycled Paper.

I said, no problem, especially since my own son, Neil Barber, dealt with Schizophrenia for over 25 years. This project is directly connected to the charity I established in Neil's name called [NeilsWheelsNY.com](https://NeilsWheelsNY.com) to destigmatize mental illness.

[Stephanie Larkin](#) of [Red Penguin Books](#), Nicolette's Publisher, personally contacted me soon after, requesting me to be the printer, & that Seasons to Bloom, must be printed on 100% PCW paper.

After printing her book, I had to call Nicolette & personally thank her for writing this awesome book. Nicolette is a poet who weaved her poetry with in-depth insights into the struggles of recognizing and dealing with a mental disorder.

Seasons to Bloom has four seasons of how she dealt with her mental disorder. They cover when her mental disorder became very prevalent in her life, recognizing and accepting it, and how she worked on getting better toward becoming the person she truly wants to be. She takes us through this journey towards happiness and embraces her story in all aspects of her life including her career.

I told her about my son & how he accepted being schizophrenic. I shared how Neil dealt with this terrible disease and how he wanted me to say to his friends, "Don't Feel Sorry for Me, I'm OK" and "If You Haven't Achieved the Goals You Set Forth in Life, Don't Worry, You Still Have Time." I read these two quotes to his classmates on their 20th anniversary from high school and continue to pass them on to those like Nicolette to help them along their journey.

Nicolette's goal to reach individuals and families to connect, foster awareness, and destigmatize mental illness is aligned with my own purpose. She hopes her book will help. It certainly helped me. Here's a link to her website ([reflectivelily.com](http://reflectivelily.com)) for my friends dealing with mental illness, including NAMI.

Stephanie Larkin was extremely helpful in providing us with perfect hi-res files, and the end result is a book that looks as good as it sounds.

When my son became mentally ill, many families were embarrassed to say their children were mentally ill. My charity was established to destigmatize mental illness and encourage families to openly talk about their struggles dealing with mental illness.

Today's generation has come a long way in openly discussing all mental illnesses. Nicolette's book is a great example of this.

In conclusion, I did what Nicolette's mom wanted, and printed her daughter's book environmentally. Her book was honored with a Carbon Balanced Certificate, certifying that it is printed on the most eco-friendly paper, using non-toxic inks.

In doing so, I gained a friend and partner in my mission to honor my son's legacy and continue to help others on their journey.