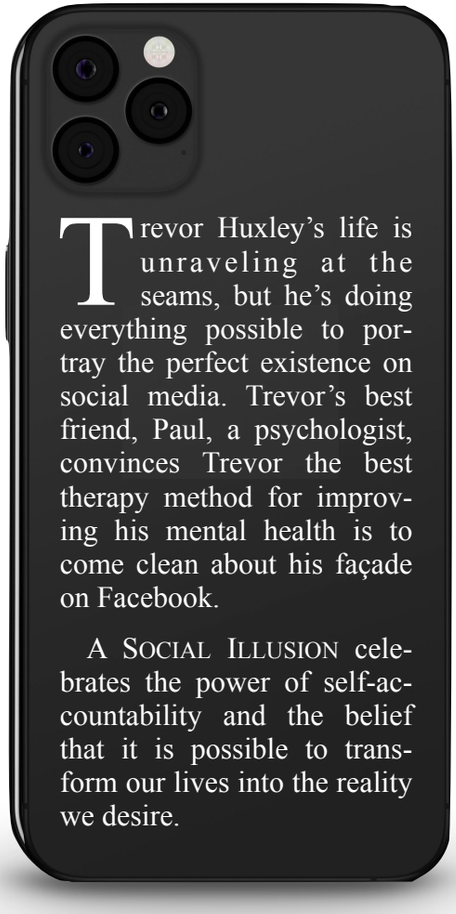
"Jason's books are helping to normalize the conversation about mental health."

—Darren Prince

Prominent celebrity sports agent, & global advocate for addiction and recovery
Founder of the Aiming High Foundation

"A SOCIAL ILLUSION shines a light on the reality of how social media can create a false perception of our own self-worth. Jason does a wonderful job taking the reader on a journey of self-transformation."

—Dr. Andrew Pleener,
Integrative Psychiatrist
Founder & Director of #SameHere Psych & STARR Alliances



Trevor Huxley's life is unraveling at the seams, but he's doing everything possible to portray the perfect existence on social media. Trevor's best friend, Paul, a psychologist, convinces Trevor the best therapy method for improving his mental health is to come clean about his façade on Facebook.

A SOCIAL ILLUSION celebrates the power of self-accountability and the belief that it is possible to transform our lives into the reality we desire.

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A Social Illusion

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Jason T. Shapiro

With a Foreword by Eric Kussin
Founder & CEO of #SameHere—The Global Mental Health Movement