

Tribune *west essex* of LIVINGSTON

Former Resident Publishes New Book

Author and former Livingston resident Jason Shapiro has recently published a new book, *A Social Illusion*.

“This story shines a light on the reality of how social media can create a false perception of our own self-worth, and how mental health lives on a continuum... I’m honored to have the foreword written by someone who is changing the landscape of mental health in such a positive way: Eric Kussin, founder and chief executive officers of #SameHere - The Global Mental Health Movement.”

The book is available on Amazon.