

Schizophrenia

Coloring Book

類偏狂精神分裂癥著色書



By Richard Carlson Jr.

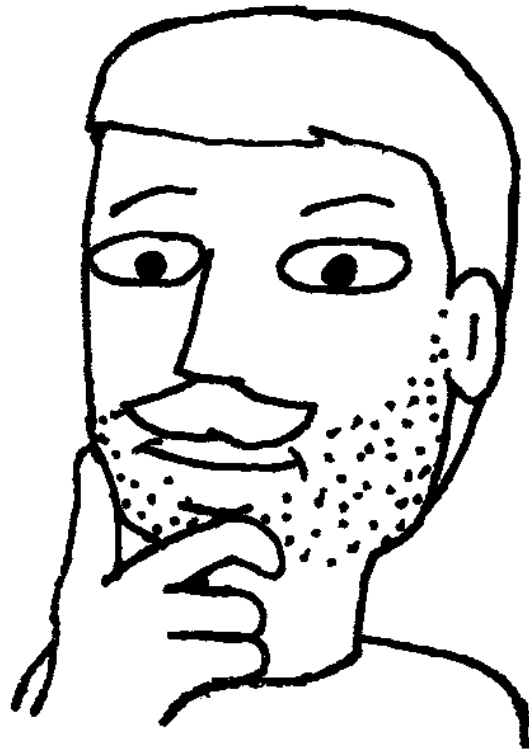
作者: 理查得•卡爾森

Translated into Chinese by Steven Carlson

中文翻譯者: 史蒂文•卡爾森

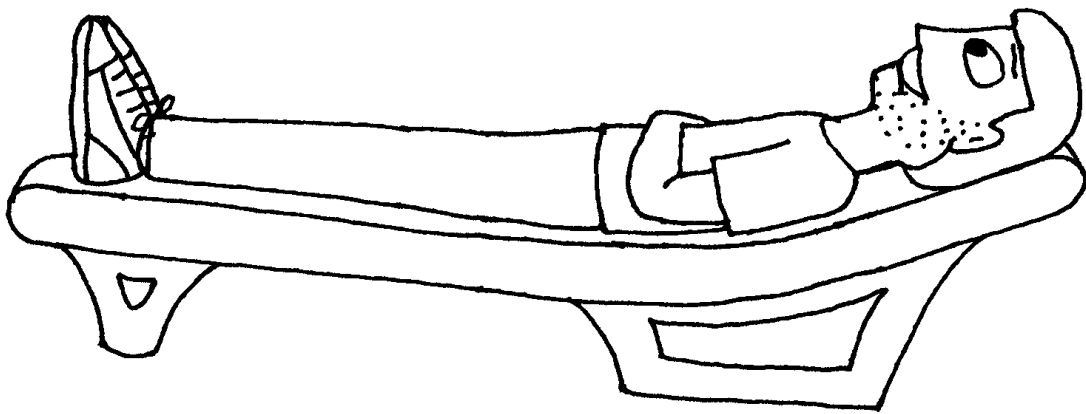
Illustrated by Kevin Carlson

畫家: 凱文•卡爾森



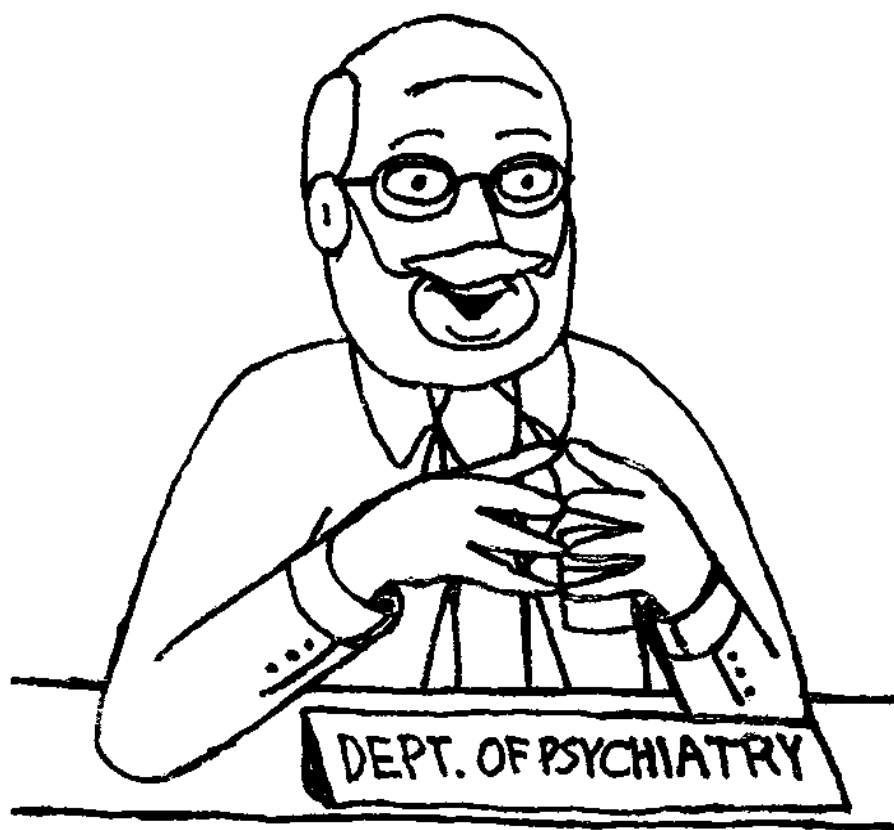
My name is Richard. I am very mentally ill. I have paranoid schizophrenia. I became very ill when I was only twenty years old. I don't think like you might because I hear a voice.

我叫理查得。我有一種厲害的精神病,叫類偏狂精神分裂癥。我就是二十岁遭受這個病。我們相的不一樣因為我聽一个聲音。



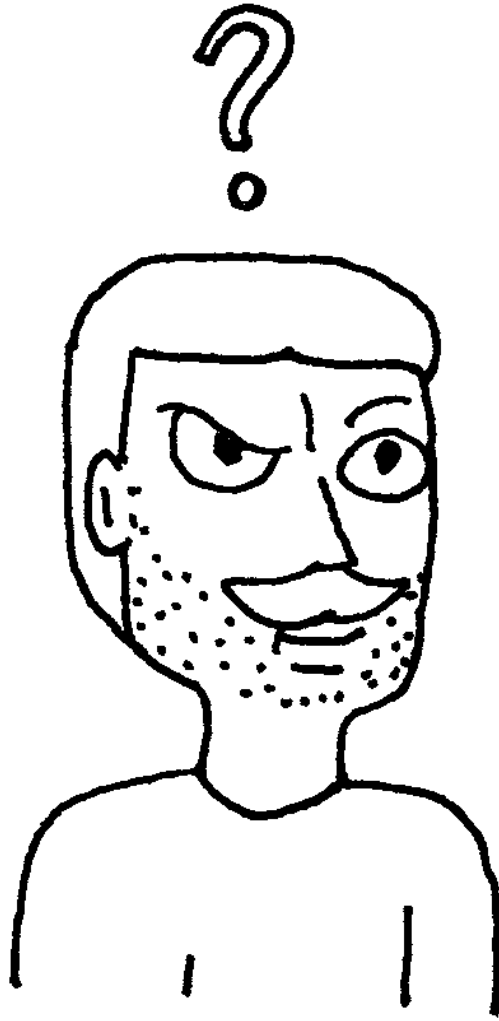
The voice is just like another person inside my head to me. If I listen carefully, I can hear it as it isn't very loud.

對我,聲音是好像另外普通人。要是聽會聽到聲音,可是聲音不太大。



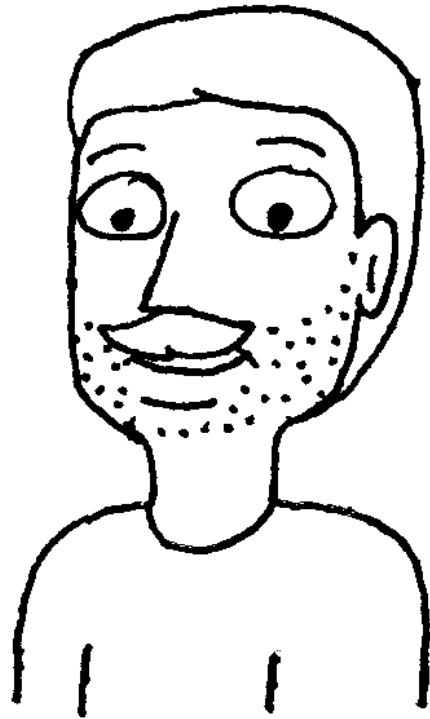
A doctor, called a psychiatrist, helps me take care of my illness. I take medication. I am still getting better.

一種醫生叫精神病醫生幫助我克服我的病。我吃藥。我的健康還進一步好轉。



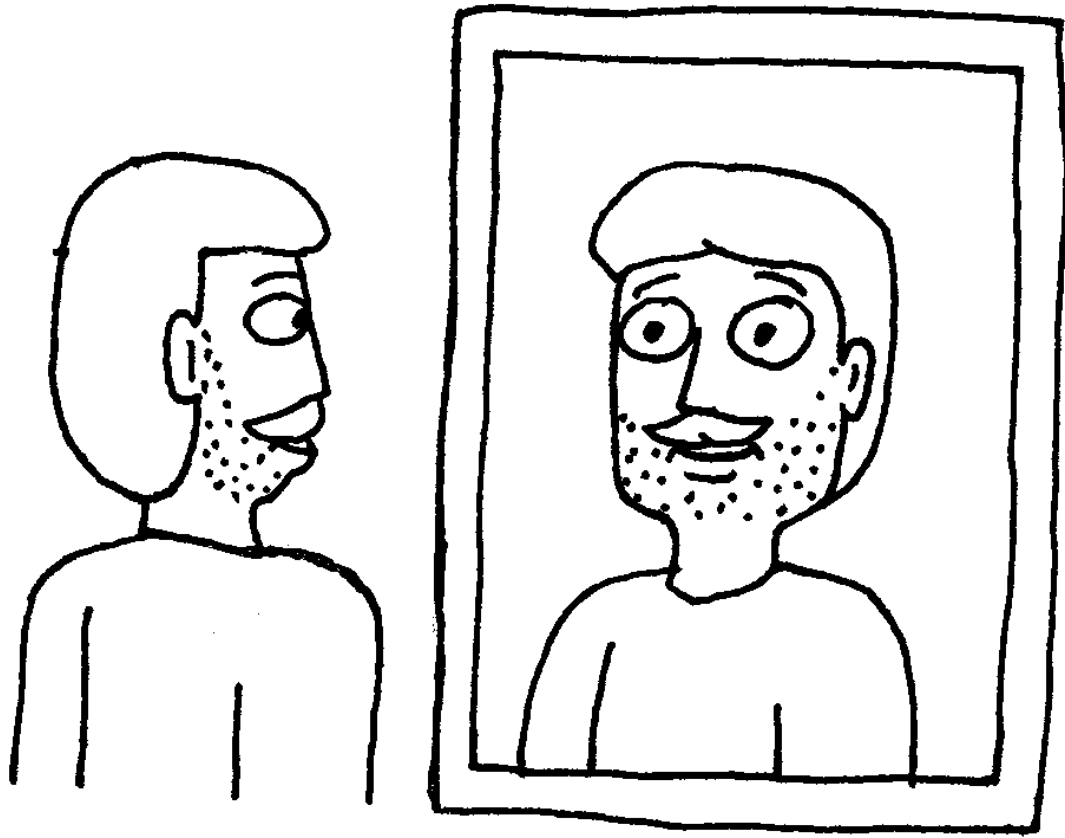
Sometimes I ask the voice a question. You might wonder, *what does it tell me?*

有的時候我問聲音問題。可能你想知道它告訴我什麼？



Sometimes it gives me good answers and I am happy.

有時它回答好讓我覺得快樂。



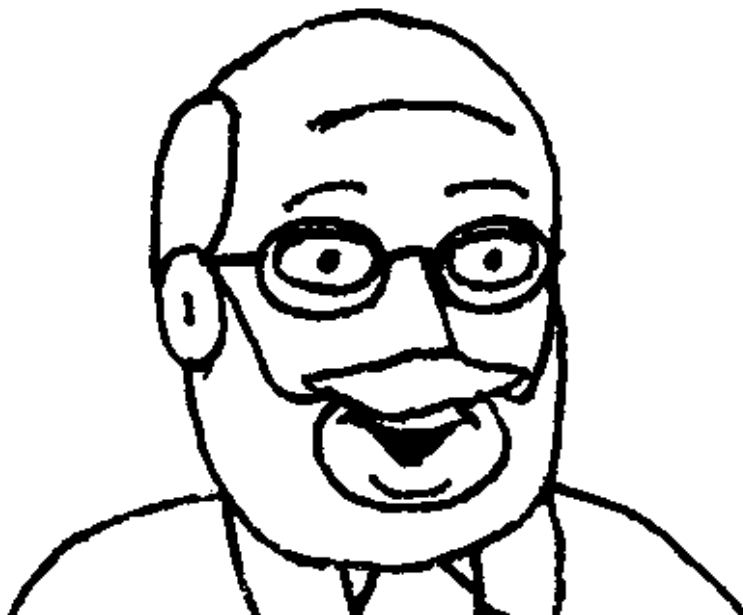
Sometimes the voice doesn't tell me what I ask it.
Always looking for answers, is what it often tells me.

有時聲音不要回答問題。就告訴我我總是要問題的回答。



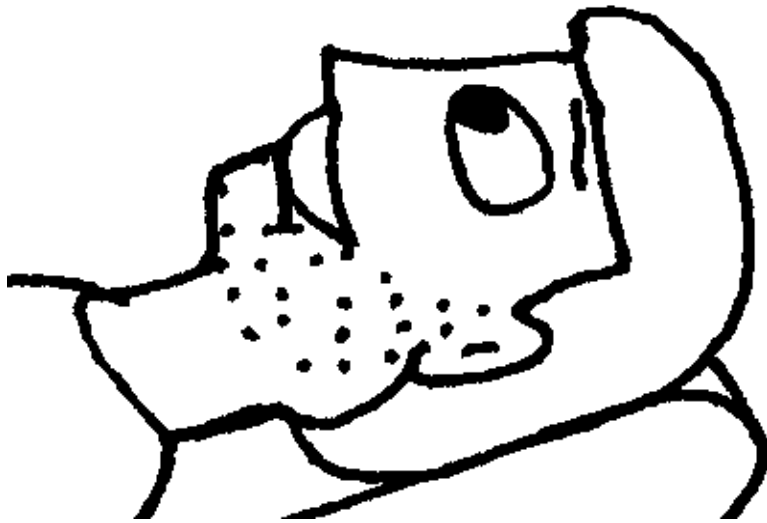
Sometimes it tells me things I shouldn't say, do or write.

有時它告訴我不要說,做,或者寫的東西。



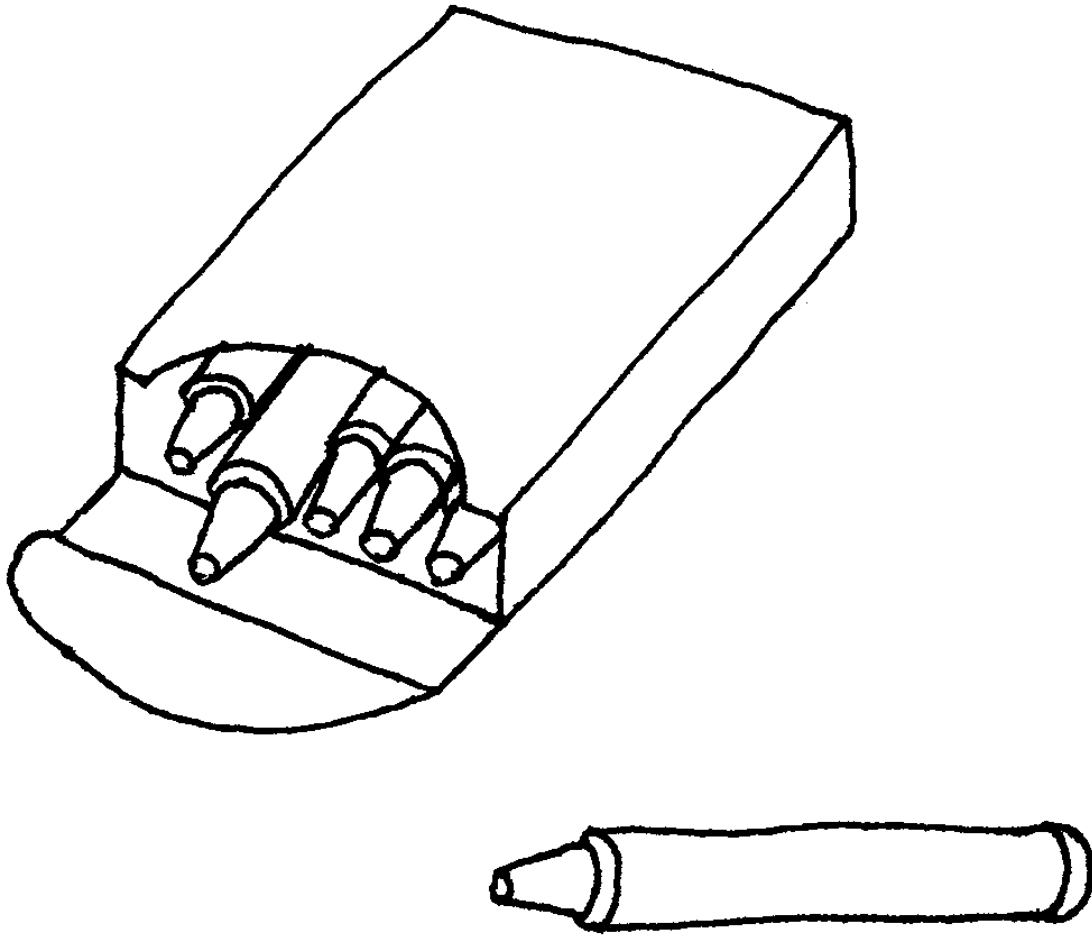
When I get all better, will the voice go away? My psychiatrist, the person who is my doctor, wants the voice to go away and so does the voice.

我完全治好的時,聲音不再嗎?精神病醫生,他和聲音都要聲音很快離開。



I feel good about making the voice go away because that's what my psychiatrist wants.

我不要聲音因為精神病醫生不要它。



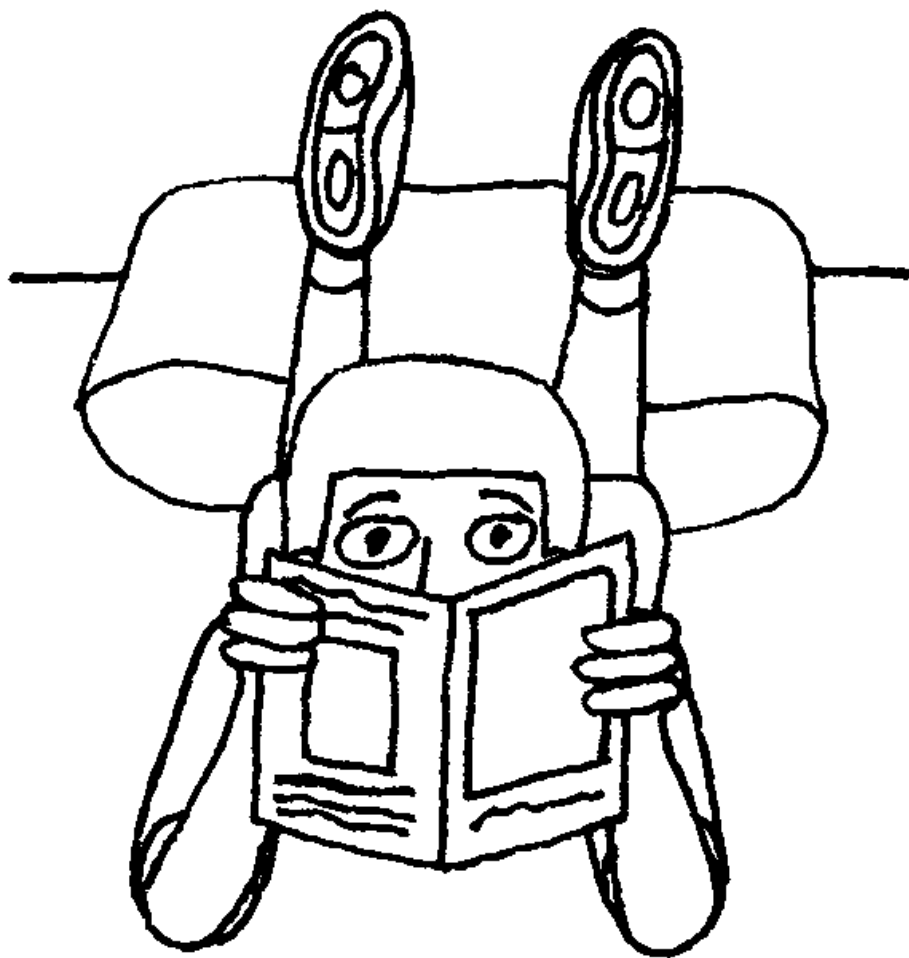
Do I have a great idea for a coloring book?

我有没有好意见寫著色書？



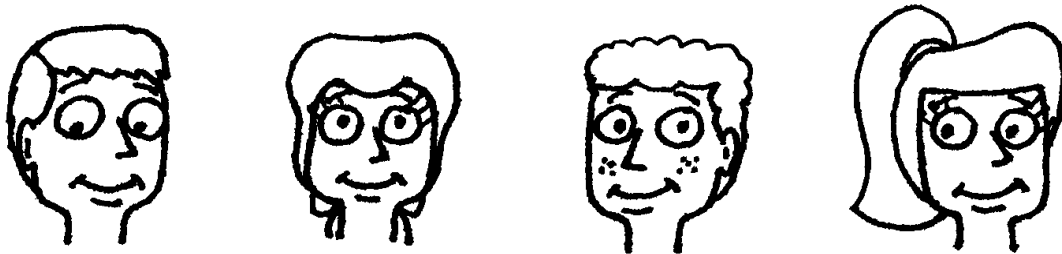
Yes, I do, as I will write about my illness.

對,我有,因為讓我關於精神病寫。



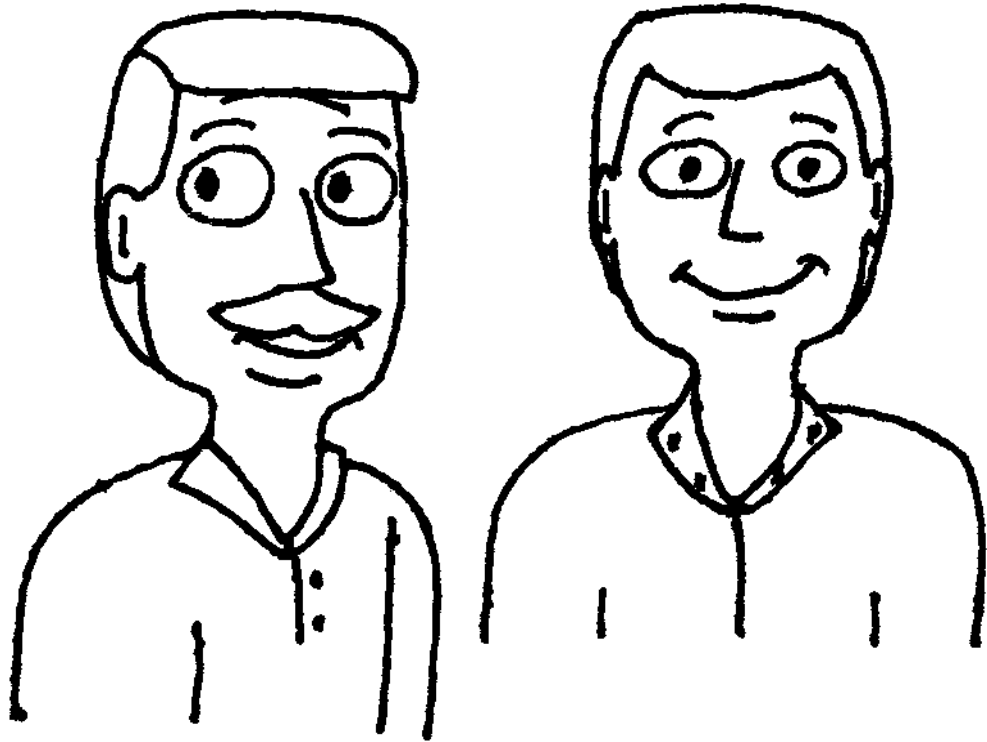
I hope people understand my illness because of my coloring book.

我希望著色書幫助人多了解我遭受的病。



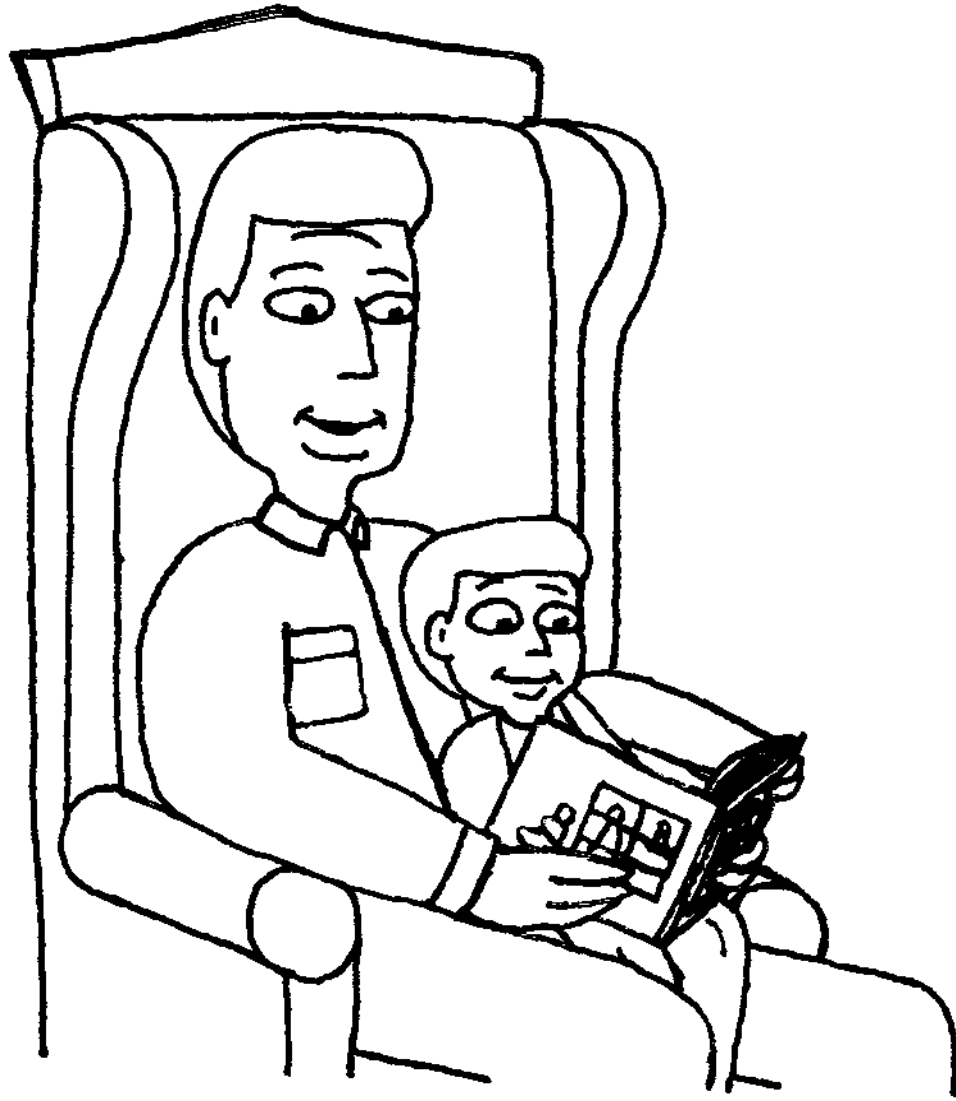
People might feel afraid of me because I think differently than they do. My mental illness isn't my fault.

可能人怕我因為我們想法不一樣。我的病不是自己的過失。



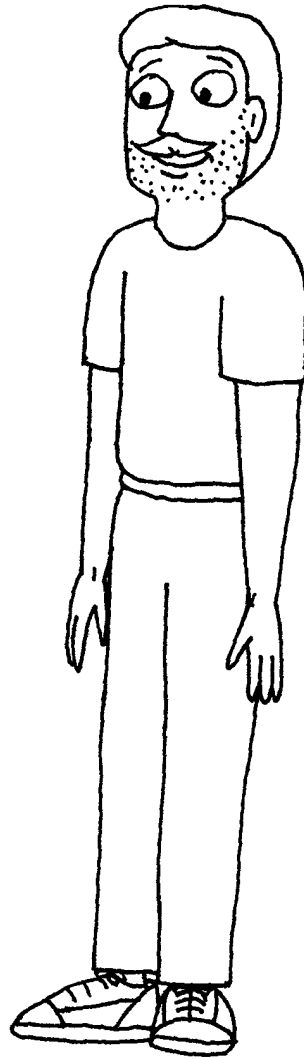
Thank you, Kevin, for illustrating our coloring book!
Thank you, Steven, for translating our coloring book
into Chinese! Kevin and Steven are my younger
brothers.

謝謝凱文畫這本書的畫兒!謝謝史蒂文,把這本書翻成中文!凱文和
史蒂文都是我的弟弟。



Please give our coloring book to someone you care about so they can see your coloring and read about me.

請你交給家人或者朋友這本著色書,讓他們看到你著色的畫兒和看書。



Thank you very much! Your friend, Richard

謝謝你!你的朋友理查得。

The End

末尾

What is Paranoid Schizophrenia?

類偏狂精神分裂癥是什麼？

Paranoid schizophrenia is a very serious brain disease that affects people in a negative way in that their thinking is greatly impaired. It usually can be treated with medication. To date, there is no cure for the disorder. Some symptoms include audio and visual hallucinations and also delusions which might seem very real to the person with the condition.

類偏狂精神分裂癥是非常嚴重的腦子病。對人病有很不好的影響因為妨害他們的想法。常常會用藥治病。到現在沒有治療。病癥包括聽和看的幻覺和很相信的錯覺。

About the Author, Richard Carlson Jr. - Richard was diagnosed with paranoid schizophrenia at almost twenty-one years of age. He didn't realize he had the mental illness until he was thirty-three. Visit his Web site at www.richardcarlsonjr.com.

關於作者,小理查得•卡爾森 - 理查得不到二十歲醫生診斷他遭受類偏狂精神分裂癥。三十三歲以前他不認識自己有這個病。請看他的網站在: www.richardcarlsonjr.com。

About the Translator, Steven Carlson - Steven serves in the Navy. He enjoys studying Chinese and using his Chinese language knowledge.

關於翻譯者,史蒂文•卡爾森 - 史蒂文當海軍。他喜歡學中文和用他中文的知識。

About the Illustrator, Kevin Carlson - Kevin has a very serious brain disorder known as autism. Visit his Web site at www.kevincarlson.info.

關於畫家,凱文•卡爾森 - 凱文遭受嚴重的腦子病叫自閉癥。請看他的網站在:
www.kevincarlson.info。

Visit www.schizophreniacoloringbook.com,
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