

Sabas Whittaker

Poet, Historian, Mariner, Artist, Composer at Author

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A discussion of mental health - numerous aspects of treatment from various perspectives, seeking a unified approach that could benefit all.

Sabas Whittaker, is a former merchant marine officer, turned historian, bilingual poet, lyricist, artist, painter, music composer, and a retired Mental Health Worker, whom is currently pursuing a PhD, in ecopsychology and plant medicine.

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