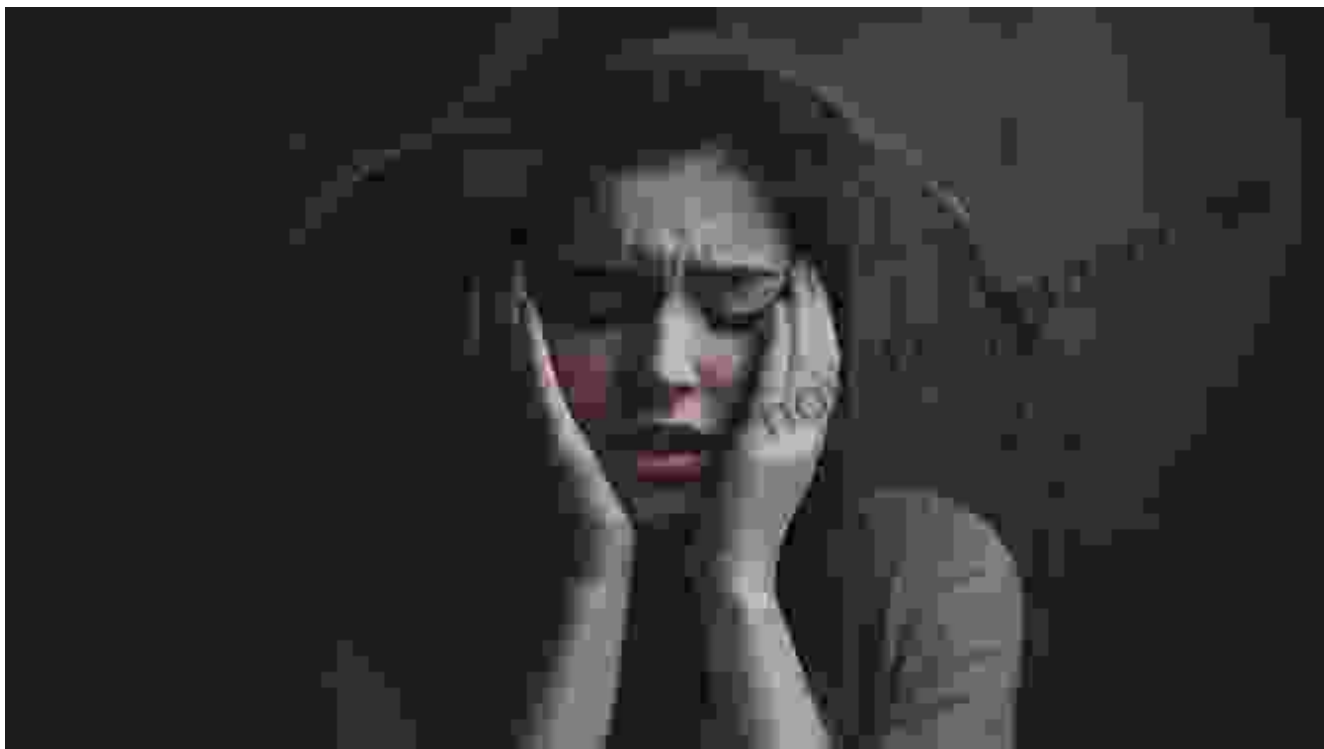


The Story Of My Battle With Mental Illness



The Dealt Hand: The Story of my Battle with Mental Illness by Shakera Williams

★★★★☆ 4.8 out of 5

Language : English
File size : 534 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 56 pages
Lending : Enabled

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An Inspiring and Raw Account of One Woman's Journey Through the Depths of Mental Illness and Her Courageous Path to Recovery

Mental illness is a hidden epidemic that affects millions of people around the world. It can be a debilitating and isolating experience, but it is also one that can be overcome.

In this powerful and moving memoir, one woman shares her firsthand account of living with mental illness. She writes with raw honesty about her struggles with depression, anxiety, and bipolar disorder. She also shares her experiences with therapy, medication, and self-care.

This book is not just a story of illness, but also a story of hope and recovery. The author's journey is a testament to the strength of the human spirit and the power of resilience. It is a must-read for anyone who has been touched by mental illness, either personally or through a loved one.

What You Will Learn From This Book

- The different types of mental illness and their symptoms
- The challenges of living with mental illness
- The treatments available for mental illness
- The importance of self-care and support
- The power of hope and recovery

Who This Book Is For

- People with mental illness
- Family and friends of people with mental illness

- Mental health professionals
- Anyone who wants to learn more about mental illness

Reviews



““This book is a must-read for anyone who has been touched by mental illness. It is a powerful and moving account of one woman's journey through the depths of mental illness and her courageous path to recovery.” - Dr. Jane Doe, psychiatrist”



““This book is a beacon of hope for those who are struggling with mental illness. It shows that recovery is possible, even after the darkest of times.” - Sarah Doe, mental health advocate”

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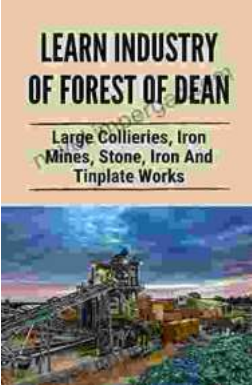
The Author



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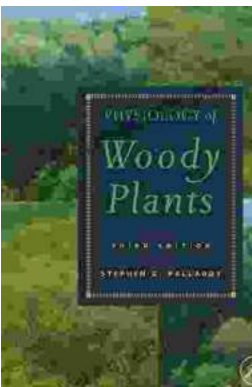
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