



A Year in the Life of a Mentally Ill Mind: An Anthology of Blogs from the Year I Found My Voice (Paperback)

By B L Acker

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. One woman s journey to find her voice and finally begin to heal, to live and to flourish. After years of struggling to function through mental illness, my world completely shattered and collapsed beneath me. My fiance of eleven years discarded and abandoned me for the latest in a long line of women he had cheated with, on the very day I came home from the emergency room with a surgical referral in hand. I was convinced that my life was over. However, in that moment of despair, a miraculous thing happened. I found my voice. I began to tell my story and write about all I had been through. First I published a book, Unlovable, detailing my life up to that point, including all the abuse and trauma I had endured over the years. But merely telling my story was not enough. The floodgates had been opened. Before the dust had even settled from my book, I began a blog detailing the day to day ins and outs of mental illness. I delved into the effects my illness had on...



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