



Writing Away the Stigma: Ten Courageous Writers Tell True Stories About Depression, Bipolar Disorder, ADHD, OCD, PTSD & more

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One in four American adults will endure the trials of a mental health condition this year, and more than half will experience one in their lifetime. Yet the stigma of mental illness remains, leading many to face their difficulties in shame and silence. In this collection, ten writers confront the stigma of mental illness head-on, bravely telling stories of devastating depressions, persistent traumas, overwhelming compulsions, and more.

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