

Life Inside My Mind 31 Authors Share Their Personal Struggles

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3 Ways Your Mind Lies To You | Answers With JoeTD Jakes - NOTHING AS POWERFUL AS A CHANGED MIND My Ordinary Life-The Living Tombstone If You Struggle With Anxiety, This Mind Trick Will Change Your Life | Mel Robbins Life Inside My Mind 31

Life Inside My Mind: 31 Authors Share Their Personal Struggles Paperback – 18 April 2019 by Maureen Johnson (Author), Robison Wells (Author), Lauren Oliver (Author), Jennifer L. Armentrout (Author), Amy Reed (Author), Aprilynne Pike (Author), Rachel M. Wilson (Author), Dan Wells (Author), Amber Benson (Author),

Life Inside My Mind: 31 Authors Share Their Personal ...

In this much-needed, enlightening book, 31 young adult authors write candidly about mental health crises, either their own or that of someone very close to them. Ranging from humorous to heartbreaking to hopeful, each story has a uniquely individual approach to the set of circumstances that the writer is dealing with.

Life Inside My Mind: 31 Authors Share Their Personal ...

Life Inside My Mind: 31 Authors Share Their Personal Struggles Kindle Edition by Maureen Johnson (Author), Robison Wells (Author), Lauren Oliver (Author), Jennifer L. Armentrout (Author), Amy Reed (Author), Aprilynne Pike (Author), Rachel M. Wilson (Author), Dan Wells (Author), Amber Benson (Author),

Life Inside My Mind: 31 Authors Share Their Personal ...

Life Inside My Mind is a heart-warming book about mental illnesses. This book is made up of a series of essays. These essays are written by 31 authors and about their struggles being mentally disabled, or having someone who is mentally disabled close to them.

Life Inside My Mind: 31 Authors Share Their Personal ...

Life Inside My Mind: 31 Authors Share Their Personal Struggles - Ebook written by Jessica Burkhart, Maureen Johnson, Robison Wells, Lauren Oliver, Jennifer L. Armentrout, Amy Reed, Aprilynne Pike,...

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Life Inside My Mind: 31 Authors Share Their Personal Struggles Jessica Burkhart, Kami Garcia, Ellen Hopkins, Maureen Johnson, E. Kristin Anderson, Megan Kelley Hall, Cynthia Hand, Francisco X. Stork, Cindy L. Rodriguez, Hannah Moskowitz, Scott Neumyer, Lauren Oliver, Francesca Lia Block, Tara Kelly, Aprilynne Pike, T

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Life Inside My Mind: 31 Authors Share Their Personal ...

Life Inside My Mind is an anthology of true-life events from writers of this generation, for this generation. These essays tackle everything from neurodiversity to addiction to OCD to PTSD and much more.

Life Inside My Mind | Book by Maureen Johnson, Robison ...

BURKHART, Jessica, ed. Life Inside My Mind: 31 Authors Share Their Personal Struggles. 320p. S. & S/Simon Pulse. Apr. 2018. Tr \$17.99. ISBN 9781481494649. Gr 9 Up – In this much-needed, enlightening book, 31 young adult authors write candidly about mental health crises, either their own or that of someone very close to them. Ranging from humorous to heartbreaking to hopeful, each story has a uniquely individual approach to the set of circumstances that the writer is dealing with.

Life Inside My Mind by Jessica Burkhart | SLJ Review ...

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Who Better to Raise Teens' Awareness of Mental Illness and Health Than the YA Authors They Admire? -

—Booklist (starred review) "[A] much-needed, enlightening book." —School Library Journal (starred review) Your favorite YA authors including Ellen Hopkins, Maureen Johnson, and more recount their own experiences with mental health in this raw, real, and powerful collection of essays that explores everything from ADD to PTSD. Have you ever felt like you just couldn 't get out of bed? Not the occasional morning, but every day? Do you find yourself listening to a voice in your head that says "you 're not good enough," "not good looking enough," "not thin enough," or "not smart enough"? Have you ever found yourself unable to do homework or pay attention in class unless everything is "just so" on your desk? Everyone has had days like that, but what if you have them every day? You 're not alone. Millions of people are going through similar things. However issues around mental health still tend to be treated as something shrouded in shame or discussed in whispers. It 's easier to have a broken bone—something tangible that can be "fixed"—than to have a mental illness, and easier to have a discussion about sex than it is to have one about mental health. Life Inside My Mind is an anthology of true-life events from writers of this generation, for this generation. These essays tackle everything from neurodiversity to addiction to OCD to PTSD and much more. The goals of this book range from providing a home to those who are feeling alone, awareness to those who are witnessing a friend or family member struggle, and to open the floodgates to conversation.

“Who better to raise teens’ awareness of mental illness and health than the YA authors they admire?” —Booklist (starred review) “[A] much-needed, enlightening book.” —School Library Journal (starred review) Your favorite YA authors including Ellen Hopkins, Maureen Johnson, and more recount their own experiences with mental health in this raw, real, and powerful collection of essays that explores everything from ADD to PTSD. Have you ever felt like you just couldn ’t get out of bed? Not the occasional morning, but every day? Do you find yourself listening to a voice in your head that says “you ’re not good enough,” “not good looking enough,” “not thin enough,” or “not smart enough”? Have you ever found yourself unable to do homework or pay attention in class unless everything is “just so” on your desk? Everyone has had days like that, but what if you have them every day? You ’re not alone. Millions of people are going through similar things. However issues around mental health still tend to be treated as something shrouded in shame or discussed in whispers. It ’s easier to have a broken bone—something tangible that can be “fixed”—than to have a mental illness, and easier to have a discussion about sex than it is to have one about mental health. Life Inside My Mind is an anthology of true-life events from writers of this generation, for this generation. These essays tackle everything from neurodiversity to addiction to OCD to PTSD and much more. The goals of this book range from providing a home to those who are feeling alone, awareness to those who are witnessing a friend or family member struggle, and to open the floodgates to conversation.

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

When Tom DeBaggio turned fifty-seven in 1999, he thought he was about to embark on the relaxing golden years of retirement -- time to spend with his family, his friends, the herb garden he had spent decades cultivating and from which he made a living. Then, one winter day, he mentioned to his doctor during a routine exam that he had been stumbling into forgetfulness, making his work difficult. After that fateful visit, and a subsequent battery of tests over several months, DeBaggio joined the legion of twelve million others afflicted with Alzheimer’s disease. But under such a curse, DeBaggio was also given one of the greatest gifts: the ability to chart the ups and downs of his own failing mind. Losing My Mind is an extraordinary first-person account of early onset Alzheimer’s -- the form of the disease that ravages younger, more alert minds. DeBaggio started writing on the first day of his diagnosis and has continued despite his slipping grasp on one of life’s greatest treasures, memory. In an inspiring and detailed account, DeBaggio paints a vivid picture of the splendor of memory and the pain that comes from its loss. Whether describing the happy days of a youth spent in a much more innocent time or evaluating how his disease has affected those around him, DeBaggio poignantly depicts one of the most important parts of our lives -- remembrance -- and how we often take it for granted. But to DeBaggio, memory is more than just an account of a time long past, it is one’s ability to function, to think, and ultimately, to survive. As his life becomes reduced to moments of clarity, the true power of thought and his ability to connect to the world shine through, and in DeBaggio’s case, it is as much in the lack of functioning as it is in the ability to function that one finds love, hope and the relaxing golden years of peace. At once an autobiography, a medical history and a testament to the beauty of memory, Losing My Mind is more than just a story of Alzheimer’s, it is the captivating tale of one man’s battle to stay connected with the world and his own life.

In this book, Pastor Ron McKey teaches you how to change your thought patterns from negative, harmful thoughts, to positive, biblical ones. Combat depression, anxiety, and suicidal thoughts through his simple, practical tips. Learn how recognize when your mind, will and emotions are working against you and how to let the Word of God guide you instead. With over 35 years of experience as a pastor, Ron McKey knows how to meet you where you are and gently guide you into a stronger relationship with God, which ultimately leads to peace and victory in life.

Imbued with a sense of humor, understanding, and hope, Your Brain Needs a Hug is a judgment-free guide for living well with your mind. My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. Your Brain Needs a Hug is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated. An Imprint Book “A validating, hopeful, and practical guide to mental health... heartfelt and honest... Teens struggling with mental illness will find comfort and valuable information in this superlative guide.” —Kirkus Reviews, starred review “Perceptive and accessible.” —Publishers Weekly

Through a series of poems, a young girl chronicles the life-changing year of 1975, when she, her mother, and her brothers leave Vietnam and resettle in Alabama.

In the tradition of My Stroke of Insight and Brain on Fire, this powerful memoir recounts Barbara Lipska's deadly brain cancer and explains its unforgettable lessons about the brain and mind. Neuroscientist Lipska was diagnosed early in 2015 with metastatic melanoma in her brain's frontal lobe. As the cancer progressed and was treated, she experienced behavioral and cognitive symptoms connected to a range of mental disorders, including dementia and her professional specialty, schizophrenia. Lipska's family and associates were alarmed by the changes in her behavior, which she failed to acknowledge herself. Gradually, after a course of immunotherapy, Lipska returned to normal functioning, amazingly recalled her experience, and through her knowledge of neuroscience identified the ways in which her brain changed during treatment. Lipska admits her condition was unusual; after recovery she was able to return to her research and resume her athletic training and compete in a triathlon. Most patients with similar brain cancers rarely survive to describe their ordeal. Lipska's memoir, coauthored with journalist Elaine McArdle, shows that strength and courage but also an encouraging support network are vital to recovery.

Acclaimed author Karen Hesse's Newbery Medal-winning novel-in-verse explores the life of fourteen-year-old Billie Jo growing up in the dust bowls of Oklahoma.

Hiroshima is the story of six people—a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest—who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize–winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima.

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