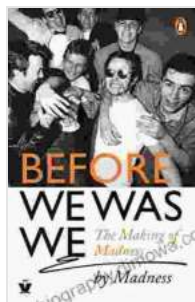


Before We Was We: A Raw and Honest Exploration of Madness

In her powerful and unflinching memoir, *Before We Was We*, Jacqueline Susann chronicles her journey through mental illness. With raw honesty, she shares her experiences of depression, anxiety, and psychosis, offering a unique and deeply personal insight into the complexities of mental health.

Susann's memoir is not an easy read, but it is an important one. It is a reminder that mental illness is a real and serious issue that affects millions of people. It is also a story of hope and recovery, a testament to the strength of the human spirit.



Before We Was We: Madness by Madness by Mike Barson

★★★★☆ 4.7 out of 5

Language	: English
File size	: 20848 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 303 pages



Susann's writing is honest and raw, yet it is also beautifully lyrical. She has a gift for language, and she uses it to paint a vivid picture of her experiences. She writes about the darkness of depression, the terror of psychosis, and the small moments of joy that she finds along the way.

Before We Was We is a must-read for anyone who has ever struggled with mental illness, or who loves someone who has. It is a powerful and moving story that will stay with you long after you finish reading it.

Here is an excerpt from the book:



“I remember the first time I heard the voices. I was sitting in my room, trying to study for a test. I could hear them whispering at first, but then they got louder and louder. They told me that I was worthless, that I was a failure, and that I deserved to die.

I tried to ignore them, but they wouldn't go away. They followed me everywhere I went, tormenting me with their cruel words.

I started to believe them. I started to think that I really was worthless and that I didn't deserve to live.

One night, I took a bottle of pills and swallowed them all. I wanted to die. I wanted the pain to end.

But then, something happened. I started to think about my family and friends. I thought about all the people who loved me and who would be devastated if I died.

I realized that I couldn't do this to them. I couldn't leave them alone in this world.

I called 911, and they took me to the hospital. I spent the next few weeks in the psychiatric ward, where I slowly started to get better.

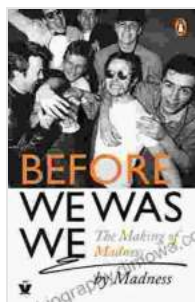
It wasn't easy, but I made it through. I found a therapist who helped me to understand my illness and to develop coping mechanisms.

I also found support from other people who had been through similar experiences. I realized that I wasn't alone, and that there were people who could help me.

Today, I am living a full and happy life. I am grateful for every day that I have, and I am determined to make the most of it.”

If you are struggling with mental illness, please know that you are not alone. There are people who care about you and want to help you get better. Please reach out for help. There is hope.

Before We Was We is available for Free Download on Our Book Library.com.



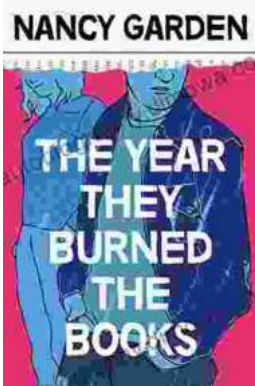
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