

My Crazy Brain: A Memoir of Mental Illness and Recovery

By Hee Jin Kim



My Crazy Brain by Hee-Jin Kim

★★★★☆ 4.6 out of 5

Language : English

File size : 1739 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 190 pages

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my crazy brain

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Hee Jin Kim's memoir, *My Crazy Brain*, is a harrowing and ultimately hopeful account of her struggles with mental illness and her journey to recovery. Kim was first diagnosed with depression as a teenager, and she struggled with the illness for years, even after she sought professional help. In her memoir, Kim writes about the challenges of living with depression, including the stigma surrounding mental illness, the difficulty of finding

effective treatment, and the impact of the illness on her relationships and her career.

Kim's memoir is a powerful and moving account of the challenges of living with mental illness. However, it is also a story of hope and recovery. Kim ultimately found the help she needed, and she has been living a full and happy life for many years. *My Crazy Brain* is a testament to the power of hope and the importance of seeking help for mental illness.

In her memoir, Kim writes about the many different ways that mental illness can affect a person's life. She talks about the physical symptoms of mental illness, such as fatigue, sleep problems, and changes in appetite. She also talks about the emotional symptoms of mental illness, such as sadness, anxiety, and hopelessness. Kim also writes about the cognitive symptoms of mental illness, such as difficulty concentrating, making decisions, and remembering things.

Kim's memoir is a valuable resource for anyone who is struggling with mental illness or who knows someone who is. Kim's story provides hope and inspiration, and it can help others to understand the challenges of mental illness and the importance of seeking help.

Here is an excerpt from *My Crazy Brain*:

> "I was first diagnosed with depression when I was 16 years old. I had been struggling with symptoms of depression for years, but I didn't know what was wrong with me. I felt sad and hopeless all the time. I had no energy or motivation. I couldn't concentrate on anything. I didn't want to do anything. I just wanted to sleep all the time.

> "I finally went to see a doctor when I was 16 because I was starting to have suicidal thoughts. The doctor diagnosed me with depression and prescribed me medication. The medication helped me to feel better, but I still struggled with depression for many years.

> "I went to therapy and tried different medications, but nothing seemed to help. I felt like I was going crazy. I didn't know what was wrong with me or why I couldn't get better.

> "Finally, when I was 25 years old, I found a therapist who helped me to understand my depression. She taught me that depression is a real illness and that it's not my fault. She also taught me how to manage my depression.

> "I've been living with depression for many years, but I'm finally in a good place. I'm taking medication that helps me to feel better, and I'm going to therapy regularly. I've also learned how to manage my depression on my own.

> "I know that I'll always have depression, but I'm no longer afraid of it. I know that I can manage my depression and live a full and happy life."

If you are struggling with mental illness, please know that you are not alone. There is help available. Please seek help from a mental health professional.

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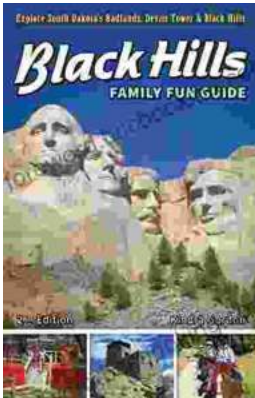
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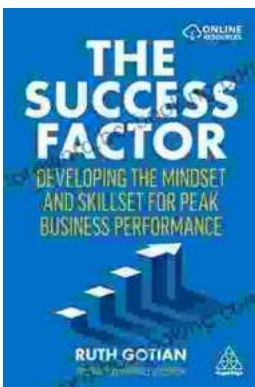


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