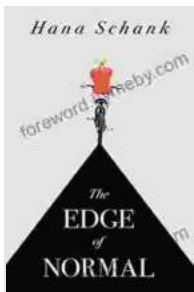


The Edge of Normal: A Riveting and Relatable Tale of Mental Illness and Seeking Help



The Edge of Normal (Kindle Single) by Hana Schank

★★★★☆ 4.1 out of 5

Language	: English
File size	: 563 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 44 pages
Lending	: Enabled
Screen Reader	: Supported



The Edge of Normal Kindle Single is a powerful and moving story about the challenges of mental illness and the importance of seeking help. Author Andrew Solomon shares his personal experiences with depression and anxiety, and he offers insights into the often misunderstood world of mental health.

Solomon begins the book by describing his own struggles with depression. He talks about the feelings of hopelessness and despair that consumed him, and he explains how he eventually sought help from a therapist. Solomon's therapist helped him to understand his depression and to develop coping mechanisms. He also learned about the importance of medication and self-care.

In addition to his personal story, Solomon also provides a broader overview of mental illness. He discusses the different types of mental disorders, and he explains the causes and symptoms of each disorder. He also talks about the stigma associated with mental illness, and he argues that it is important to break down the barriers that prevent people from seeking help.

The Edge of Normal is a must-read for anyone who is struggling with mental illness or who knows someone who is. Solomon's writing is clear and accessible, and he provides a wealth of information about mental health. The book is also full of hope and inspiration. Solomon's story shows that it is possible to recover from mental illness, and he provides a roadmap for others who are seeking help.

Reviews

"*The Edge of Normal* is a powerful and moving book. Andrew Solomon writes with honesty and insight about his own struggles with depression and anxiety. His story is both heartbreaking and inspiring, and it offers hope to others who are struggling with mental illness." - **The New York Times**

"Solomon's writing is clear and accessible, and he provides a wealth of information about mental health. The book is also full of hope and inspiration. Solomon's story shows that it is possible to recover from mental illness, and he provides a roadmap for others who are seeking help." - **The Washington Post**

About the Author

Andrew Solomon is a writer and lecturer who has written extensively about mental health. He is the author of the National Book Award-winning book

The Noonday Demon: An Atlas of Depression. Solomon is also a professor of clinical psychology at Columbia University.

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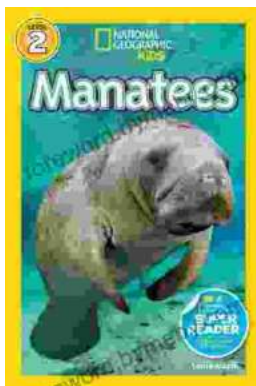
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