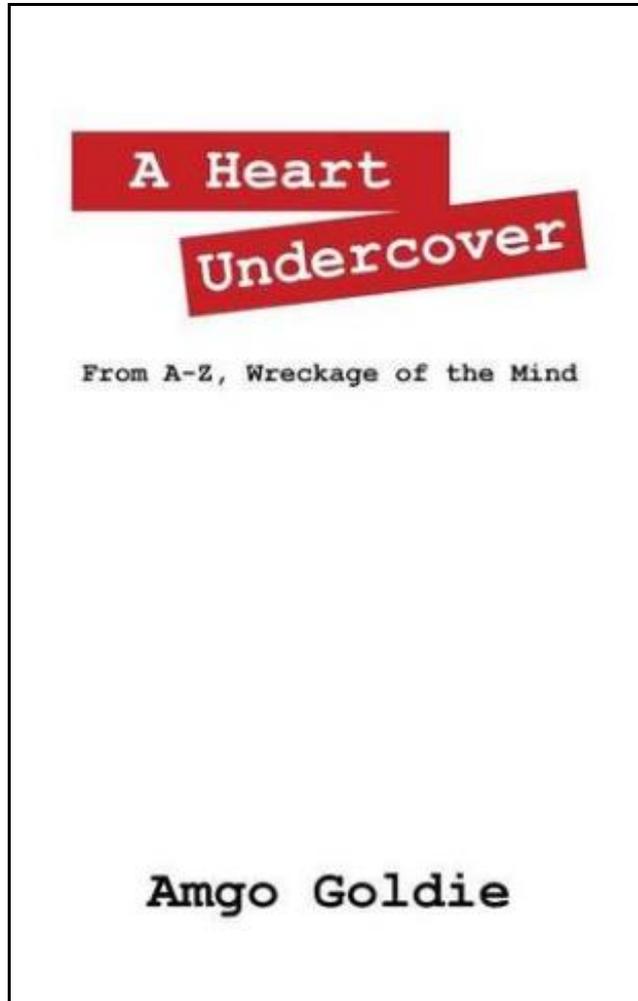


A Heart Undercover: From A-Z, Wreckage of the Mind



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A HEART UNDERCOVER: FROM A-Z, WRECKAGE OF THE MIND



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Outskirts Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This book of poetry was written by a 30 year old woman who shares her view of her personal life and love after her brother passed away due to suicide. She has lived with depression, bipolar, general anxiety, panic attacks, and schizophrenia at a young age through her teen years and through out her twenties. After much heartache and trying to take her own life by suicide, she shares the words of her heart and mind with others. Suicide survivors are often filled with much regret, guilt, anger, and deep sadness within. On top of that, dealing with mental illness and exhibiting certain behaviors can be difficult for the person to live with, especially in a world where they do not feel they fit in or belong. There are so many people who are not educated on mental illness. Other people can be cruel to the mentally ill by harassing them, intimidating and confusing them, scaring them, and even pushing them to the point of taking their own life. People who do this to the mentally ill are not good people in my eyes. There are people in the world who even prey on the mentally ill and manipulate them just to get something out of them. It is very sad that we live in a world like this. Without educating and raising awareness, we cannot go forth into a brighter future for everyone. We need more compassion in the world, for the sake of humanity. There will also be a follow up book. It will start at the time frame 20 months after the author's brother died and show the poetry that reflects a new...



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