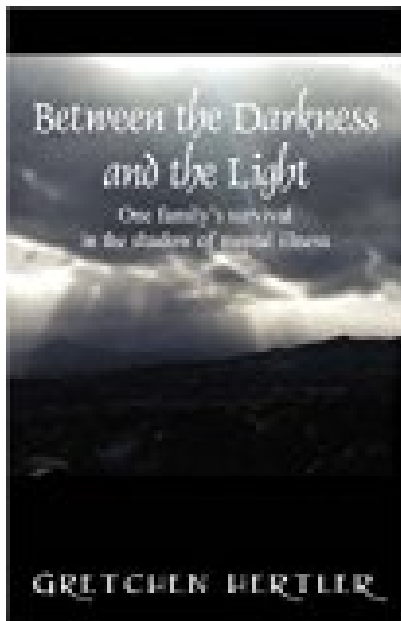


Between the Darkness and the Light

One familys survival in the shadow of mental illness



BOOK DETAILS

- Author : Gretchen Hertler
- Pages : 92 Pages
- Publisher : Outskirts Press
- Language : English
- ISBN : 1432710710

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BOOK SYNOPSIS

Survival in a Shadow To the outside world, our friends and family, our life looked similar to their own. It was only within our private walls that revealed the ugly truth we were living. There were many days of wondering what shoe would drop and how heavy it would land. For me, there were nights of laying motionless, afraid of closing my eyes for fear I might miss something or not wake up at all. The journey within this book uncovers the unraveling of a family dealing with a fathers/husbands progressive depression and deteriorating mental health. Stumbling through a system that protects only the mentally ill was our frustration. Learning how to be strong and courageous when a large part of you wants to just crumble and hide was how we survived. You may find some similarities to your own story. I hope our life experiences show you that you are not alone and that a light at the end of the tunnel, no matter how far away, is shining for you.

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