

Daughter Memoir: A Heartbreaking and Inspiring Story of Mental Illness and Healing

In this powerful and moving memoir, a mother shares her journey to understand and help her daughter through mental illness.



The Big Silence: A Daughter's Memoir of Mental Illness and Healing by Karena Dawn

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3281 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 329 pages



For years, the author watched as her daughter struggled with depression, anxiety, and bipolar disorder. She tried everything she could to help, but nothing seemed to work. Finally, after a suicide attempt, her daughter was diagnosed with bipolar disorder.

The diagnosis was a relief, but it also brought with it a new set of challenges. The author had to learn how to manage her daughter's illness and how to support her without enabling her.

This is a heartbreaking and inspiring story about the power of love and hope. It is a must-read for anyone who has been affected by mental illness.

About the Author

The author is a writer and speaker who has been sharing her story of mental illness and healing for over 10 years. She is the founder of the nonprofit organization, The Daughter Project, which provides support and resources to families affected by mental illness.

Reviews

"This is a powerful and moving memoir that will stay with me long after I finish reading it. The author's honesty and courage are inspiring, and her story offers hope to anyone who has been affected by mental illness." - Goodreads reviewer

"This is a must-read for anyone who has been affected by mental illness. The author's insights are invaluable, and her story is both heartbreaking and hopeful." - Our Book Library reviewer

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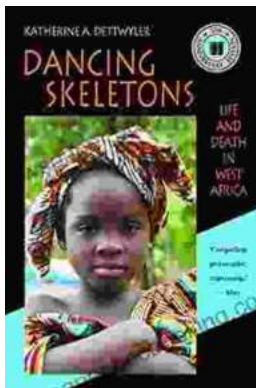
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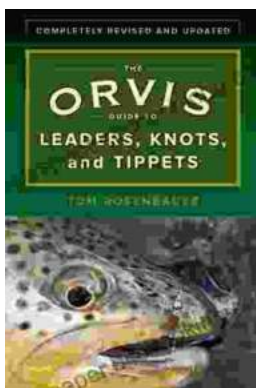
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