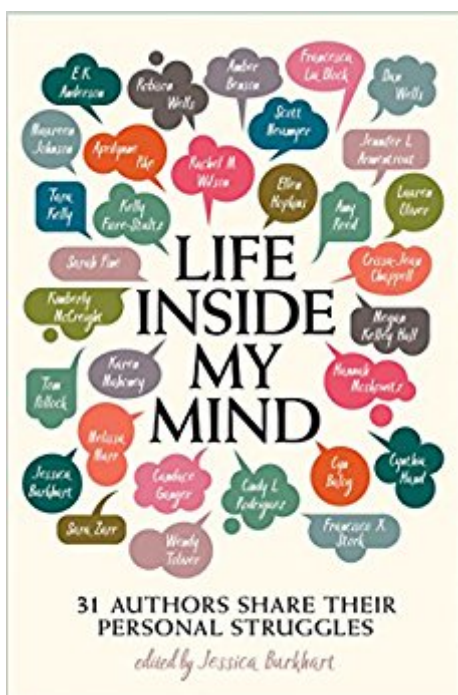


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# Life Inside My Mind: 31 Authors Share Their Personal Struggles



## Synopsis

Your favorite YA authors including Kami Garcia, Ellen Hopkins, Maureen Johnson, and more recount their own experiences with mental illness in this raw, real, and powerful collection of essays that explores everything from ADD to PTSD. Have you ever felt like you just couldn't get out of bed? Not the occasional morning, but every day? Do you find yourself listening to a voice in your head that says "you're not good enough," "not good looking enough," "not thin enough," or "not smart enough"? Have you ever found yourself unable to do homework or pay attention in class unless everything is "just so" on your desk? Everyone has had days like that, but what if you have them every day? You're not alone. Millions of people are going through similar things. However issues around mental health still tend to be treated as something shrouded in shame or discussed in whispers. It's easier to have a broken bone—something tangible that can be "fixed"—than to have a mental illness, and easier to have a discussion about sex than it is to have one about mental health. *Life Inside My Head* is an anthology of true-life events from writers of this generation, for this generation. These essays tackle everything from neurodiversity to addiction to OCD to PTSD and much more. The goals of this book range from providing home to those who are feeling alone, awareness to those who are witnessing a friend or family member struggle, and to open the floodgates to conversation. Participating writers include E.K. Anderson, J.L. Armentrout, Cyn Balog, Amber Benson, Francesca Lia Block, Jessica Burkhart, Crissa Chappell, Sarah Fine, Kelly Fiore, Candace Ganger, Kami Garcia, Meghan Kelley Hall, Cynthia Hand, Ellen Hopkins, Maureen Johnson, Tara Kelly, Bennett Madison, Karen Mahoney, Melissa Marr, Kim McCreight, Hannah Moskowitz, Scott Neumyer, Lauren Oliver, Aprilynne Pike, Tom Pollack, Amy Reed, Cindy Rodriguez, Francisco Stork, Wendy Tolliver, Rob Wells, Dan Wells, Rachel Wilson, and Sara Zarr.

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## Customer Reviews

Jessica Ashley writes under the penname Jessica Burkhart. She is the author of the Unicorn Magic and Canterwood Crest series. Visit her online at [JessicaBurkhart.com](http://JessicaBurkhart.com). Other contributors include E.K. Anderson, J.L. Armentrout, Cyn Balog, Amber Benson, Francesca Lia Block, Crissa Chappell, Sarah Fine, Kelly Fiore, Candace Ganger, Kami Garcia, Meghan Kelley Hall, Cynthia Hand, Ellen Hopkins, Maureen Johnson, Tara Kelly, Bennett Madison, Karen Mahoney, Melissa Marr, Kim McCreight, Hannah Moskowitz, Scott Neumyer, Lauren Oliver, Aprilynne Pike, Tom Pollack, Amy Reed, Cindy Rodriguez, Francisco Stork, Wendy Toliver, Rob Wells, Dan Wells, Rachel Wilson, and Sara Zarr.

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