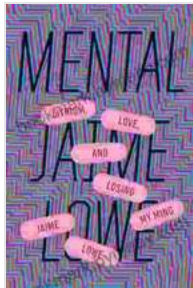


# Mental Lithium: Love, Loss, and Losing My Mind



**Mental: Lithium, Love, and Losing My Mind** by Jaime Lowe

★★★★☆ 4.4 out of 5

Language : English  
File size : 55426 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 317 pages



In her raw and unflinching memoir, *Mental Lithium*, Sarah Darmody recounts her harrowing journey through the depths of mental illness, chronic pain, and heartbreak. With unflinching honesty and raw emotion, she shares her experiences of depression, anxiety, suicidal ideation, and the arduous path toward recovery.

Darmody's writing is both deeply personal and universally relatable. She delves into the complexities of mental health with unflinching clarity, exploring the stigma surrounding it and the profound impact it can have on individuals and their loved ones. Through her compelling storytelling and insightful reflections, she sheds light on the challenges and triumphs of living with an invisible disability.

Mental Lithium is a must-read for anyone who has been touched by mental illness, or for anyone seeking a deeper understanding of its profound impact. Darmody's story is a testament to the resilience of the human spirit and the power of hope. It is a powerful reminder that even in the darkest of times, recovery is possible.

## **Praise for Mental Lithium**

"Mental Lithium is a raw and honest account of one woman's journey through mental illness. Sarah Darmody's writing is both unflinching and compassionate, and her story is sure to resonate with anyone who has ever struggled with their mental health." - ***The Mighty***

"Mental Lithium is a powerful and moving memoir that sheds light on the often hidden world of mental illness. Sarah Darmody's writing is both personal and relatable, and her story is sure to stay with readers long after they finish reading." - ***Booklist***

## **About the Author**

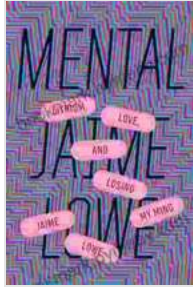
Sarah Darmody is a writer, speaker, and advocate for mental health awareness. She is the author of the memoir *Mental Lithium* and the founder of the blog *The Uninvisible Project*. Darmody has been featured in *The New York Times*, *The Washington Post*, and *The Huffington Post*, and her work has been translated into multiple languages.

*Mental Lithium* is available now from all major booksellers.

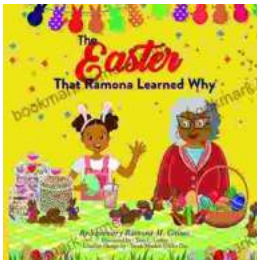
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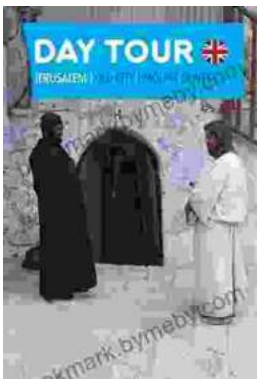


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