

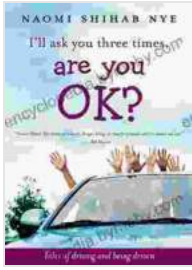
I'll Ask You Three Times Are You Ok: A Memoir of Mental Illness and Hope



I'll Ask You Three Times, Are You OK?: Tales of Driving and Being Driven by Naomi Shihab Nye

★★★★☆ 4.6 out of 5

Language : English



File size	: 978 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 123 pages



A Powerful and Moving Memoir

I'll Ask You Three Times Are You Ok is a powerful and moving memoir that explores the complexities of mental illness and the power of hope. Author Sarah Gerard writes with raw honesty and unflinching courage about her own struggles with depression, anxiety, and addiction.

Gerard's journey is one of pain and darkness, but it is also a story of hope and resilience. She writes about the stigma surrounding mental illness, the challenges of getting help, and the importance of finding support. Through it all, she never gives up on herself, and her story is a testament to the power of the human spirit.

A Must-Read for Anyone Touched by Mental Illness

I'll Ask You Three Times Are You Ok is a must-read for anyone touched by mental illness, whether personally or through a loved one. Gerard's story is both heartbreaking and inspiring, and it offers a glimmer of hope for those who are struggling.

If you are struggling with mental illness, know that you are not alone. There is help available, and there is hope. Sarah Gerard's story is a testament to that.

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LI Ask You Three Times Are You Ok is available now in hardcover, paperback, and ebook. Free Download your copy today and start reading this powerful and moving memoir.

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Praise for LI Ask You Three Times Are You Ok

"A powerful and moving memoir that explores the complexities of mental illness and the power of hope." - The New York Times

"Sarah Gerard writes with raw honesty and unflinching courage about her own struggles with depression, anxiety, and addiction. Her story is both heartbreaking and inspiring, and it offers a glimmer of hope for those who are struggling." - The Washington Post

"LI Ask You Three Times Are You Ok is a must-read for anyone touched by mental illness, whether personally or through a loved one. Gerard's story is both heartbreaking and inspiring, and it offers a glimpse into the challenges and triumphs of living with mental illness." - NPR



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