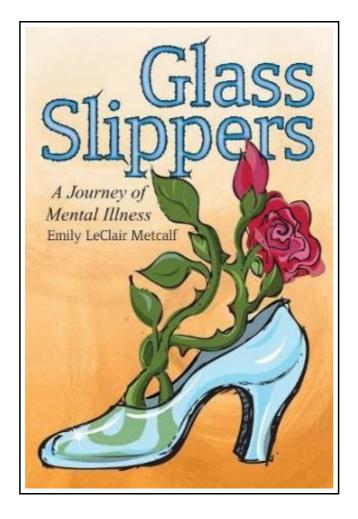
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GLASS SLIPPERS: A JOURNEY OF MENTAL ILLNESS (PAPERBACK)



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Dog Ear Publishing, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Glass Slippers At some level we all walk in glass slippers, but when mental illness strikes it can make one so vulnerable and fragile in ways most of us cannot imagine. In Glass Slippers, the author explains her struggles with mental health issues, including downfalls and triumphs, in a way that helps the reader understand internal conflicts for those afflicted with emotional and mental health challenges in a more meaningful way. Life in her small community on an island in the State of Washington has helped to bring peace in adjusting to society, and having a fulfilled life with her husband and pets. It has also driven her to a new appreciation for faith, while establishing strong friendships. Follow along on her journey as she lays out her personal story in a blogstyle format to document days in the life of someone growing in self-awareness and coping with hardships to achieve a productive and rewarding existence. About the Author Precious stones are made under immense pressure within the earth among much darkness. I relate, as I have gone through extreme conditions to become all that I am today. This deep synthesis has added to my creative process. I am an artist by make and design. I play music, paint colorful abs tract art, and write poetry, fiction and nonfiction. Emily Metcalf lives on Lopez Island in the San Juan Islands in the State of Washington. She struggles with the diagnosis of Schizoaffective Disorder (Bipolar Disorder with psychosis), and living in these islands has helped greatly. One of her goals is to expand awareness and resources for mental health consumers in her small community. Right now, she is sharing her writing and...

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