KD Williams

Don't Call it a Breakdown: How I "Lost It" and then found my support

Question suggestions for your book:

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How did this affect you in different settings (friendsl, family, stranger's)?

If you had the opportunity to go back and change it or be different, would you?

What is the biggest takeaway, for you, from the experience?

How did people react or change with the experience?

How did your family respond?

How are you doing now?

How did/does telling your story (and publishing it) affect your life?

What's a stereotype about your mental lillness that bothers you?