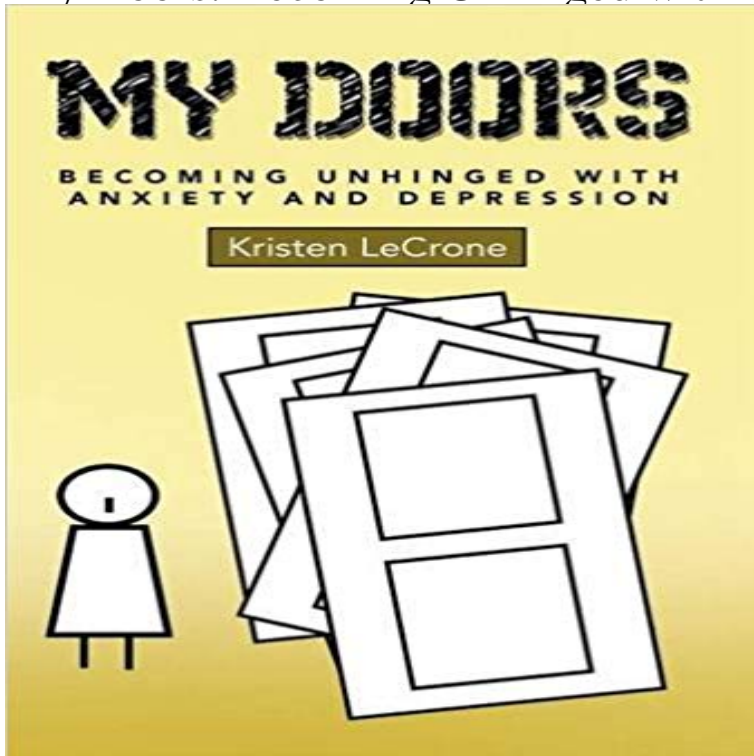


My Doors: Becoming Unhinged with Anxiety and Depression



Author Kristen LeCrone knows what its like to deal with emotional difficulty. As someone with anxiety and depression, she faces it herself every day-and she manages not only to survive but thrive. In *My Doors*, LeCrone shares an account of her personal struggle with what she calls her brain problem disease in hopes of reaching others with mental illnesses. In honest and candid detail, she recounts her journey, beginning with her initial realization that something was wrong and following her through treatment and recovery to where she is today, celebrating small victories and living her life. LeCrone reveals how she felt while dealing with the worst of her emotional disorders so that others will know they are not alone in feeling the way they do and so that those without mental illness may understand its effects. Honest and candid, this memoir offers a glimpse of one womans personal narrative of how she faced depression and anxiety and worked to overcome them.

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