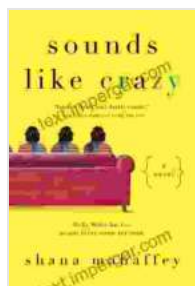


# Sounds Like Crazy: An Unforgettable Memoir of Mental Illness and Recovery



## Sounds Like Crazy by Shana Mahaffey

★★★★☆ 4.8 out of 5

Language	: English
File size	: 538 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 399 pages



In her unforgettable memoir, *Sounds Like Crazy*, Shana Mahaffey shares her experiences with bipolar disorder, psychosis, and suicide attempts. She also shares her journey of recovery, which includes finding the right medication, therapy, and support system.

Mahaffey's story is both heartbreaking and inspiring. She writes with raw honesty about the challenges she has faced, but she also offers hope and encouragement to others who are struggling with mental illness.

*Sounds Like Crazy* is a must-read for anyone who has been affected by mental illness, or who simply wants to learn more about this complex and often misunderstood condition.

## About the Author

Shana Mahaffey is a writer, speaker, and mental health advocate. She is the author of the memoir *Sounds Like Crazy* and the co-author of the book *Bipolar DisFree Download: A Guide for Families and Friends*. Mahaffey has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and NPR. She is a passionate advocate for mental health awareness and recovery.

## ## Reviews

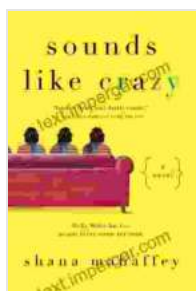
"An unforgettable memoir of mental illness and recovery." - *The New York Times*

"A powerful and inspiring story." - *The Washington Post*

"A must-read for anyone who has been affected by mental illness." - NPR

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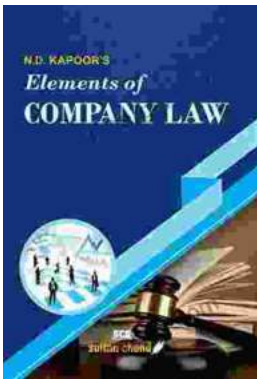
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