

Black Rainbow How Words Healed Me My Journey Through Depression

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Black Rainbow: How Words Healed Me – My Journey Through Depression by Rachel Kelly . Image Via Amazon . This book details Times journalist Rachel Kelly's struggle with moderate anxiety that, in a period of only three days, suddenly progressed to severe, debilitating depression. She delves deep into the darkest periods of her life and how ...

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Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful ...

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black rainbow how words healed me my journey through depression as want to read this is the beginning of her first depressive episode in black rainbow rachel kelly recounts her story of survival when she suffered not one but two depressive episodes in her thirties with lyrical prose interspersed by beautiful poetry rachel describes both