

9 Ways to Crazy

A Journey Through Mental Illness



Nine Ways to Crazy: Surviving My Mom's Dementia

by Allen Appel

★★★★★ 5 out of 5

- Language : English
- File size : 224 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 146 pages



In *9 Ways to Crazy*, author Susannah Cahalan tells the raw and honest story of her journey through mental illness. Cahalan was a young journalist when she began to experience strange and debilitating symptoms, including hallucinations, delusions, and paranoia. She was eventually diagnosed with bipolar disorder and spent time in a psychiatric hospital.

Cahalan's writing is both unflinchingly honest and deeply compassionate. She does not shy away from the darkest moments of her illness, but she also writes with a sense of hope and humor. *9 Ways to Crazy* is a must-read for anyone who has ever struggled with mental health issues, or for anyone who wants to better understand the challenges faced by those who do.

What Others Are Saying About *9 Ways to Crazy*

"*9 Ways to Crazy* is a powerful and moving memoir that shines a light on the darkness of mental illness. Susannah Cahalan's writing is both unflinchingly honest and deeply compassionate. She does not shy away from the darkest moments of her illness, but she also writes with a sense of hope and humor. *9 Ways to Crazy* is a must-read for anyone who has ever struggled with mental health issues, or for anyone who wants to better understand the challenges faced by those who do."

- **NPR**

"Cahalan's memoir is a harrowing and unforgettable account of her descent into madness and her eventual recovery. It is a must-read for anyone who has ever struggled with mental illness, or for anyone who wants to better understand the challenges faced by those who do."

- **The New York Times**

"9 Ways to Crazy is a powerful and important book. Cahalan's writing is clear, concise, and honest. She does not shy away from the difficult realities of mental illness, but she also writes with a sense of hope and humor. 9 Ways to Crazy is a must-read for anyone who wants to better understand the challenges faced by those who live with mental illness."

- **Entertainment Weekly**

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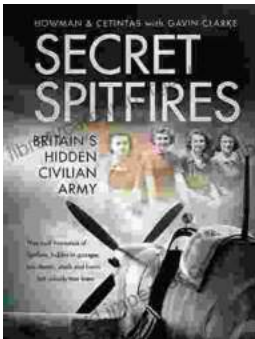
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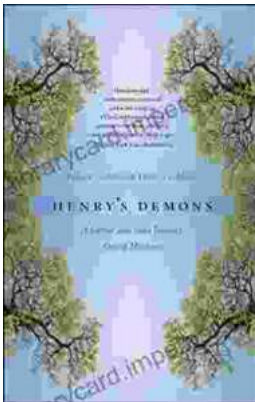
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