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Soggetti	Singers - United States Country musicians - United States Depressed persons - United States Psychology - Psychopathology - Depression Music - Genres & Styles - Country & Bluegrass BIOGRAPHY & AUTOBIOGRAPHY - Personal Memoirs SELF-HELP - Mood Disorders - Depression PSYCHOLOGY - Psychopathology - Depression PSYCHOLOGY - Mental Health MEDICAL - Mental Health United States
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Foreword / by Dr. Mona Lisa Schulz -- Shhh ... Don't tell a soul -- Leaving home -- Who turned off the spotlight? -- Potato salad on the hood of the car -- One pill makes you larger and one pill makes you small -- The future isn't what it used to be -- Do your genes fit? -- Paging Doctor Schulz -- The cuckoo's nest -- The trauma egg -- Reliving the past -- The last dirty secret -- On the good ship Lollipop -- May I borrow your hammer? -- When you live in a glass house -- Somewhere, upon some bright new dawn ... -- Radical acceptance -- What Michelangelo knew -- Every ending is a new beginning -- The toothpaste is out of the tube -- Postscript: Bridge? What bridge? -- A

note from Dr. Jerrold Rosenbaum.

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Sommario/riassunto

"The Grammy-winning superstar and best-selling author of *All That Is Bitter and Sweet* shares the story of her struggles with depression, PTSD and addiction, a journey that included extended hospital stays and moving lessons about how to find hope and help,"--NoveList. She was a country music superstar facing nonstop success-- but offstage she struggled with harsh family secrets, absent emotional support, teenage motherhood, rape, and hepatitis. Here, Judd uncovers her struggles with depression, PTSD and addiction, a journey that included extended hospital stays and moving lessons about how to find hope and help. She has persevered-- and shares a message for anyone whose life has been scarred by trauma.

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