

1. Record Nr.	UNINA9910915649103321
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Titolo	Comment Je Suis Devenue une Pessimiste Joyeuse
Pubbl/distr/stampa	Paris : , : Editions L'Harmattan, , 2020 ©2020
ISBN	2-14-013967-4
Edizione	[1st ed.]
Descrizione fisica	1 online resource (167 pages)
Soggetti	Borderline personality disorder Autobiography
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Sarah Meyer's 'Comment je suis devenue une pessimiste joyeuse' is a reflective autobiographical narrative detailing her journey through life's challenges and her struggle with mental health issues. Born under unclear circumstances, Meyer explores her unique existence, marked by a borderline personality disorder diagnosed nearly two decades after initial psychiatric evaluations. The book is a candid portrayal of her life's vicissitudes, encompassing childhood experiences, a career in radio broadcasting, and her continuous battle with societal norms. With humor and a resilient spirit, Meyer navigates the fine line between normality and pathology. Her narrative is interwoven with literary and musical influences, drawing inspiration from figures such as Molière and Jacques Brel. Through her passion for writing, Meyer offers an introspective exploration of the human condition, challenging the rigid compartments imposed by society while maintaining an unwavering zest for life.