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On The Edge of Insanity

Emily Watson

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On The Edge of Insanity

Emily Watson

On The Edge of Insanity Emily Watson
With her middle-class upbringing and well-liked demeanor, Emily M. Watson is your typical girl next door. She admits that she used to believe that mental disorders were weaknesses and not real illnesses. However, at eighteen years old, she began to suffer from obsessive compulsive disorder (OCD), as well as depression, anxiety, and bipolar disorder. And so her story begins. Journey through this brutally honest autobiographical account of Watson's struggles of more than ten years. This written telling of her life during her twenties paints a painful yet hopeful journey full of suggestions from someone who has walked the path. Humor shines as an encouraging thread, and misconceptions dwindle as readers relate to Watson's struggles and hopes. This personal memoir is not sugarcoated, providing a valuable peek into the thoughts and life of Watson. Her honesty will lead to a clearer understanding of mental illness for those who battle it and for those who love someone who is suffering. It is a source of new life for the millions of Americans who experience the trauma of mental illness.

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