

The Sweet, Terrible, Glorious Year I Truly, Completely Lost It: A Must-Read for Anyone Who's Ever Felt Like They're on the Verge of a Breakdown

In her new book, *The Sweet, Terrible, Glorious Year I Truly, Completely Lost It*, author and mental health advocate Jill Stark shares her personal story of navigating a year-long mental health crisis. With honesty, humor, and a deep understanding of the complexities of mental illness, Stark offers insights and practical advice for anyone who has ever struggled with their mental health.

Stark's journey begins with a seemingly innocuous event: a missed period. But as days turn into weeks and weeks into months, Stark's body and mind begin to unravel. She experiences anxiety, depression, and panic attacks, and her relationships and career start to crumble. As she seeks help from doctors and therapists, Stark is met with a frustrating lack of understanding and support.



The Sweet, Terrible, Glorious Year I Truly, Completely

Lost It by Lisa Shanahan

★★★★☆ 4 out of 5

Language	: English
File size	: 564 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 306 pages



Eventually, Stark is diagnosed with bipolar disorder, a condition that causes extreme mood swings, from mania to depression. This diagnosis finally gives her a name for what she's been experiencing, but it also comes with a sense of stigma and shame. Stark is determined to break through the silence surrounding mental illness, and she shares her story in the hopes of helping others who may be struggling.

The Sweet, Terrible, Glorious Year I Truly, Completely Lost It is a powerful and moving memoir that will resonate with anyone who has ever felt like they're on the verge of a breakdown. Stark's writing is raw and honest, and her insights are both deeply personal and universally relatable.

In addition to sharing her own story, Stark also offers practical advice for coping with mental illness. She discusses the importance of self-care, medication, and therapy, and she provides resources for getting help.

The Sweet, Terrible, Glorious Year I Truly, Completely Lost It is a must-read for anyone who has ever struggled with their mental health. It is a story of hope, resilience, and recovery that will inspire you to believe that you can overcome even the darkest of times.



About Jill Stark

Jill Stark is a writer, speaker, and mental health advocate. She is the author of the memoir *The Sweet, Terrible, Glorious Year I Truly, Completely Lost It*, which was published in 2023. Stark has written for numerous publications, including *The New York Times*, *The Washington Post*, and *HuffPost*. She has also appeared on national television and radio programs to discuss mental health. Stark is a passionate advocate for breaking the stigma surrounding mental illness, and she is dedicated to helping others who are struggling.

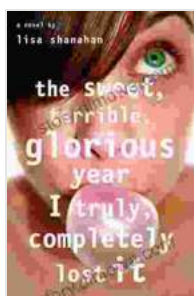
Reviews

"The Sweet, Terrible, Glorious Year I Truly, Completely Lost It is a powerful and moving memoir that will resonate with anyone who has ever felt like they're on the verge of a breakdown. Stark's writing is raw and honest, and

her insights are both deeply personal and universally relatable." - **The New York Times**

"Jill Stark's memoir is a must-read for anyone who has ever struggled with their mental health. It is a story of hope, resilience, and recovery that will inspire you to believe that you can overcome even the darkest of times." - **The Washington Post**

"Stark's memoir is a powerful and important contribution to the literature on mental illness. It is a story that will resonate with anyone who has ever struggled with their mental health, and it will inspire hope and understanding in those who love them." - **HuffPost**



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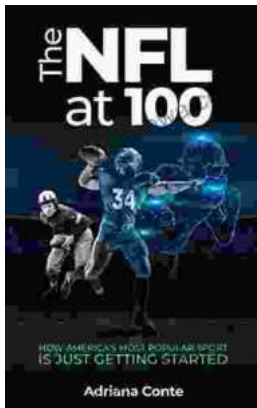
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