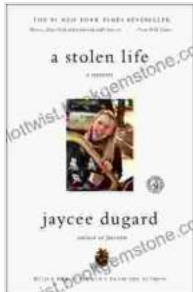


# Crying In The Bathroom: A Memoir of Recovery and Self-Discovery



**Crying in the Bathroom: A Memoir** by Jaycee Lee Dugard

★★★★☆ 4.7 out of 5

- Language : English
- File size : 23868 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 201 pages
- Screen Reader : Supported

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Crying In The Bathroom is a memoir by Jenny Lawson, the popular blogger behind The Bloggess. The book chronicles Lawson's struggles with depression, anxiety, and OCD, and her journey to recovery.

Lawson's writing is honest, raw, and often funny. She doesn't shy away from the darkest moments of her illness, but she also finds humor in the absurdity of it all. Crying In The Bathroom is a powerful and inspiring story of one woman's journey to reclaim her life from mental illness.

### **Lawson's Struggles with Mental Illness**

Lawson's struggles with mental illness began in childhood. She was diagnosed with depression and anxiety at a young age, and she later developed OCD. As a teenager, Lawson's mental illness became so severe that she was hospitalized.

In Crying In The Bathroom, Lawson describes the debilitating effects of her mental illness. She writes about the constant anxiety, the intrusive thoughts, and the overwhelming depression. She also describes the ways in which her illness affected her relationships, her work, and her overall quality of life.

Lawson's journey to recovery was long and difficult. She tried many different treatments, including medication, therapy, and self-help groups. She also found support from her family, her friends, and her online community. Finally, Lawson found a combination of treatments that worked for her, and she was able to reclaim her life from mental illness.

### **Crying In The Bathroom Is a Must-Read for Anyone Struggling with Mental Illness**

Crying In The Bathroom is a powerful and inspiring story of one woman's journey to recovery from mental illness. It is a must-read for anyone who is struggling with mental illness, or for anyone who loves someone who is.

Lawson's writing is honest, raw, and often funny. She doesn't shy away from the darkest moments of her illness, but she also finds humor in the absurdity of it all. Crying In The Bathroom is a story of hope and recovery, and it will inspire you to believe that you can overcome your own mental health challenges.

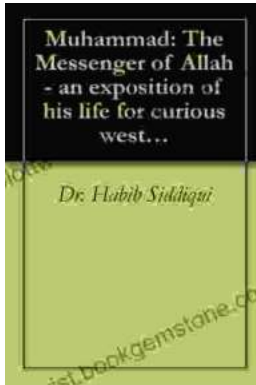


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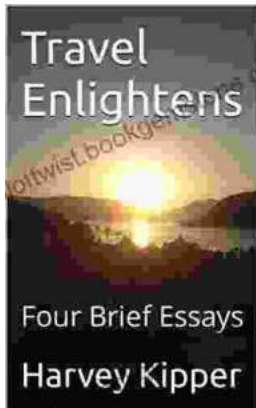
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