



Living As A Daughter: 31 Days of Mental Illness: A 31 Days Series

Tara L. Ulrich

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I am a daughter of a woman who lives daily with a mental illness. This book is our story told from my standpoint as part of the October 2014 Write 31 Days challenge. It is my hope and prayer that by telling our story, we will help stop the stigma around mental illness and mental health issues.

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