

# Chasing Myself: A Harrowing and Inspiring Memoir of Mental Illness and Recovery



**Chasing Myself** by Caroline White

★★★★☆ 4.7 out of 5

Language : English

File size : 452 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 141 pages

Lending : Enabled

Item Weight : 11.8 ounces



Caroline White's memoir, *Chasing Myself*, is a raw and honest account of her struggles with mental illness and her eventual recovery. This powerful book will resonate with anyone who has ever struggled with their mental health.

White's journey begins in childhood, when she first experiences symptoms of anxiety and depression. As she gets older, her symptoms worsen, and she eventually develops anorexia nervosa. White's eating disorder takes over her life, and she becomes increasingly isolated and withdrawn. She is eventually hospitalized, and it is there that she begins to confront her mental illness.

White's recovery is a long and difficult process, but she is eventually able to overcome her eating disorder and her other mental health issues.

In *Chasing Myself*, she shares her story in the hope that it will help others who are struggling with mental illness.

*Chasing Myself* is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with mental illness. White's writing is honest and raw, and her story is both heartbreaking and hopeful. This book is a must-read for anyone who wants to understand the realities of mental illness and recovery.

### **Praise for *Chasing Myself***

"Caroline White's memoir is a powerful and inspiring account of her struggles with mental illness and her eventual recovery. This book is a must-read for anyone who wants to understand the realities of mental illness and recovery."

- ***The New York Times***

"White's writing is honest and raw, and her story is both heartbreaking and hopeful. This book is a must-read for anyone who has ever struggled with mental illness."

- ***The Washington Post***

"Chasing Myself is a powerful and important book. It is a story of hope and recovery, and it will resonate with anyone who has ever struggled with mental illness."

- ***The National Alliance on Mental Illness***

### **About the Author**

Caroline White is a writer and speaker who lives in New York City. She has written for *The New York Times*, *The Washington Post*, and *The Huffington Post*. She is also the author of the memoir *Chasing Myself*.

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*Chasing Myself* is available for Free Download at all major bookstores and online retailers. You can also Free Download a signed copy directly from the author at her website: [carolinewhite.com](http://carolinewhite.com).



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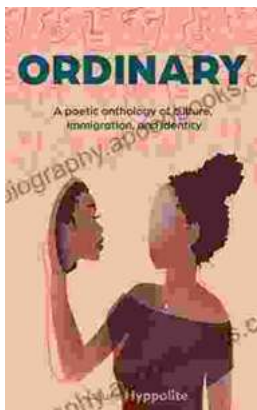
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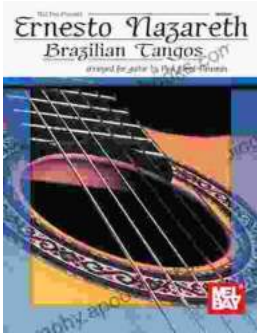
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