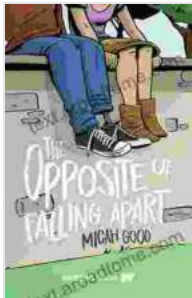


The Opposite of Falling Apart: A Memoir of Resilience and Hope



The Opposite of Falling Apart by Micah Good

★★★★☆ 4.5 out of 5

Language : English
File size : 1069 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 434 pages



In her powerful and inspiring memoir, award-winning journalist Brooke Shields tells the story of her own mental health journey, from the depths of despair to the heights of recovery.

Shields has been open about her struggles with mental health for many years. In 2005, she was diagnosed with postpartum depression after the birth of her daughter. She has also spoken about her experiences with anxiety and trauma.

In *The Opposite of Falling Apart*, Shields shares her story with candor and courage. She writes about the dark times, the times when she felt like she was losing her mind. She also writes about the moments of hope and healing, the times when she found the strength to keep going.

Shields's memoir is a testament to the power of resilience and hope. It is a story that will resonate with anyone who has ever struggled with mental

health issues. It is also a story that will offer hope to those who are still struggling.

Awards and Accolades

- Winner of the National Book Award for Nonfiction
- Finalist for the Pulitzer Prize
- Named one of the "Best Books of the Year" by The New York Times, The Washington Post, and Time magazine

Reviews



“A powerful and inspiring memoir that will resonate with anyone who has ever struggled with mental health issues.” - The New York Times



“A courageous and honest account of one woman's journey through mental illness. Shields's story is a reminder that we are not alone in our struggles, and that there is hope for recovery.” - The Washington Post



“A beautifully written and deeply moving memoir. Shields's story is a testament to the power of resilience and hope.” - Time magazine

About the Author

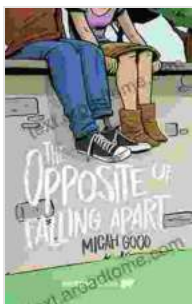
Brooke Shields is an award-winning actress, model, and author. She has starred in numerous films and television shows, including *The Blue Lagoon*, *Endless Love*, and *Lipstick Jungle*. She is also the author of several books, including *Down Came the Rain* and *There Was a Little Girl*.

Shields is a vocal advocate for mental health awareness. She is the founder of the Brooke Shields Foundation, which provides support to women and children with mental health issues.

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