



It's Not Your Journey

Rebecca Lombardo

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In her first published work, Rebecca Lombardo collects her internationally followed blog into the pages of *It's Not Your Journey*. This memoir candidly details Rebecca's two year long chronicle of her struggles with bipolar disorder, depression, anxiety, self-injury, and recovery from a suicide attempt. Rebecca shares her real and raw feelings on these subjects, as well as addressing other issues that have contributed to her downward spiral and eventual climb out of her own pit of despair. Issues such as the loss of her mother to lung cancer, the death of her brother, abandonment from friends and family members due to her hospitalization, and more. This book is about my personal journey with mental illness. I am not a professional, rather an advocate that hopes her story can help those going through similar struggles.

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