



I Don't Want To Be Crazy

Samantha Schutz

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A harrowing, remarkable poetry memoir about one girl's struggle with anxiety disorder. This is a true story of growing up, breaking down, and coming to grips with a psychological disorder. When Samantha Schutz first left home for college, she was excited by the possibilities -- freedom from parents, freedom from a boyfriend who was reckless with her affections, freedom from the person she was supposed to be. At first, she revelled in the independence. . . but as pressures increased, she began to suffer anxiety attacks that would leave her mentally shaken and physically incapacitated. Thus began a hard road of discovery and coping, powerfully rendered in this poetry memoir.

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