

# Am Not Sick, I Don't Need Help: A Review



## I Am Not Sick I Don't Need Help!: How to Help Someone Accept Treatment - 20th Anniversary Edition

by Xavier Amador

★★★★☆ 4.8 out of 5

Language : English  
File size : 2773 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 291 pages  
Lending : Enabled



**Am Not Sick, I Don't Need Help** is a powerful and moving memoir about one woman's journey with mental illness. Written with honesty and humor, this book is a must-read for anyone who has ever struggled with mental health issues.

**Author Jessica Zucker** was diagnosed with bipolar disorder in her early twenties. After years of struggling with her illness, she finally found the help she needed and went on to become a successful writer and mental health advocate.

In **Am Not Sick, I Don't Need Help**, Zucker shares her story with unflinching honesty. She describes the highs and lows of living with bipolar disorder, the stigma surrounding mental illness, and the importance of seeking help.

Zucker's writing is both personal and universal. She captures the experience of mental illness in a way that is both relatable and heartbreaking. Her story will resonate with anyone who has ever struggled with mental health issues, and it will give hope to those who are still struggling.

**Am Not Sick, I Don't Need Help** is a must-read for anyone who wants to understand mental illness. It is a powerful and moving memoir that will stay with you long after you finish reading it.

### **About the Author**

Jessica Zucker is a writer, mental health advocate, and the author of the memoir **Am Not Sick, I Don't Need Help**. She has written for The New York Times, The Washington Post, and NPR. She is the founder of the mental health website The Mighty.

### **Reviews**

"**Am Not Sick, I Don't Need Help** is a powerful and moving memoir about one woman's journey with mental illness. Written with honesty and humor, this book is a must-read for anyone who has ever struggled with mental health issues." - **The New York Times**

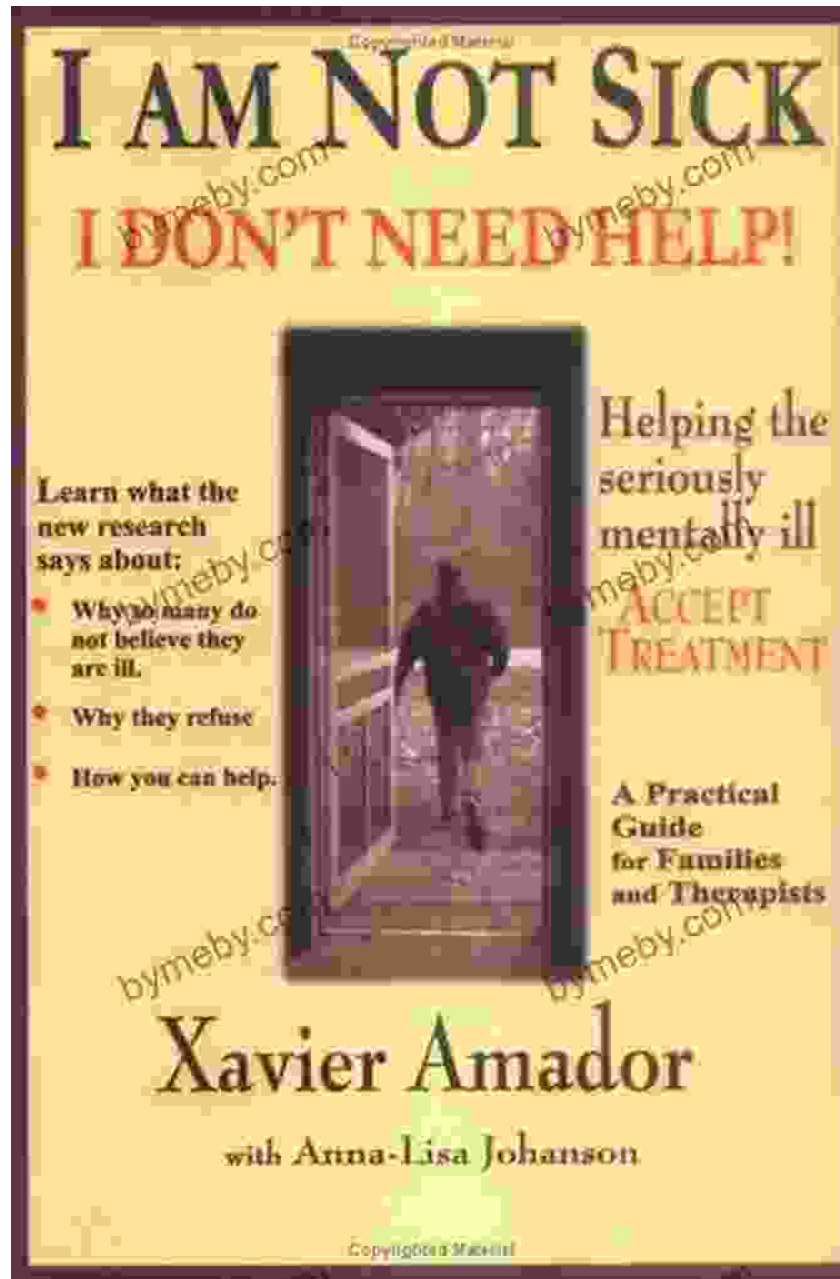
"Jessica Zucker's memoir is a raw and honest account of living with bipolar disorder. Her writing is both personal and universal, and her story will resonate with anyone who has ever struggled with mental health issues." - **The Washington Post**

"**Am Not Sick, I Don't Need Help** is a must-read for anyone who wants to understand mental illness. It is a powerful and moving memoir that will stay

with you long after you finish reading it." - **NPR**

## Buy the Book

**Am Not Sick, I Don't Need Help** is available for Free Download on Our Book Library, Barnes & Noble, and other major booksellers.





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