



Am I Sane Yet?: An Insider's Look at Mental Illness

John Scully

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Mental illness doesn't have to be a prison sentence.

International award-winning journalist John Scully has been committed to mental institutions seven times. He has been locked up. He has attempted suicide. He has been diagnosed with severe depression, anxiety, and post-traumatic stress disorder. During this time, he has held down leading jobs with world broadcasters.

Am I Sane Yet? is essential reading for patients already suffering from depression, as well as for their relatives and friends. It is also a must for those who are hiding their depression because of the stigma that continues to haunt the mentally ill.

With brutal frankness Scully reveals the plight of patients he has met on the inside and investigates the therapies and drugs they have been given to try to ease their pain.

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