



Brave: A Seventeen Covermodel's Courageous Journey Through Mental Illness

By Amy Elmore

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Brave: A Seventeen Covermodel's Courageous Journey Through Mental Illness By Amy Elmore

25-50% of all people diagnosed with bipolar disorder try to kill themselves. 11% succeed. I tried but was one of the lucky ones who didn't succeed. Until we educate people and make them aware of the illness and get rid of the stigma it will continue. I spent 10 years as an international model after winning the 17 cover model contest. Then after an accidental overdose of steroids I was sent into a bipolar psychotic state . I was in and out of hospitals for 5 years. I wrote this book to offer hope and healing that you can get well with a fighting spirit and then learn to love yourself.

Now whole and healed, Elmore tells the story of her journey into and out of mental illness, hoping it will provide hope to those experiencing what she went through. When you're in a cage of your own making, your best hope is to be brave.

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- Rank: #3151082 in Books
- Published on: 2016-06-06
- Original language: English
- Dimensions: 9.00" h x .17" w x 6.00" l, .24 pounds
- Binding: Paperback
- 74 pages

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Editorial Review

About the Author

Now well and whole, Elmore lives in Los Angeles where she pursues writing and acting career hopes her story offers people healing and hope.

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