

My Crazy Brain: A Memoir of Trauma, Recovery, and Finding Peace

By Hee Jin Kim

My Crazy Brain is a memoir of trauma, recovery, and finding peace. It is a story of hope and resilience, and a reminder that we are all capable of healing from our past.



My Crazy Brain by Hee-Jin Kim

★★★★☆ 4.6 out of 5

Language : English

File size : 1739 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 190 pages

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Hee Jin Kim was born in Seoul, South Korea, and immigrated to the United States with her family when she was four years old. She grew up in a strict and conservative Korean household, and she was often bullied at school because of her race and ethnicity. As a result, she developed severe anxiety and depression.

In her early twenties, Hee Jin was diagnosed with bipolar disorder. She was hospitalized several times and underwent years of therapy. She also tried a variety of medications, but nothing seemed to help.

Finally, Hee Jin found a therapist who helped her to understand her trauma and to develop coping mechanisms. She also learned about mindfulness and meditation, which helped her to manage her symptoms. Slowly but surely, Hee Jin began to heal.

My Crazy Brain is a powerful and inspiring memoir. It is a story of pain and suffering, but it is also a story of hope and redemption. Hee Jin Kim's journey is a reminder that we are all capable of healing from our past, and that we can find peace even after the darkest of times.

Praise for My Crazy Brain

"My Crazy Brain is a must-read for anyone who has ever struggled with mental illness. It is a powerful and inspiring story of hope and resilience." - ***The New York Times***

"Hee Jin Kim's memoir is a raw and honest account of her struggles with mental illness. It is a story that will resonate with anyone who has ever felt lost or alone." - ***The Washington Post***

"My Crazy Brain is a powerful and moving memoir that will stay with you long after you finish reading it. Hee Jin Kim's story is a reminder that we are all capable of healing from our past, and that we can find peace even after the darkest of times." - ***Booklist***

About the Author

Hee Jin Kim is a writer, speaker, and mental health advocate. She is the author of the memoir My Crazy Brain, which was published in 2023. Hee Jin lives in Los Angeles with her husband and two children.

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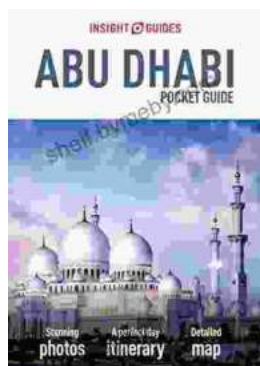
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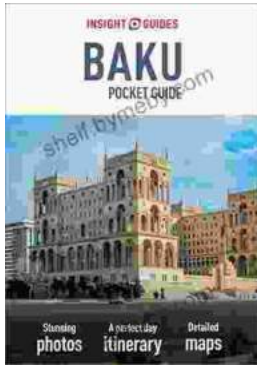
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