

# Am Not Myself These Days: A Memoir



**I Am Not Myself These Days: A Memoir** by Josh Kilmer-Purcell

★★★★☆ 4.5 out of 5

Language : English  
File size : 1726 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 321 pages



**A deeply moving and unforgettable memoir about love, loss, and the search for identity.**

In this raw and honest memoir, author Joshilyn Jackson explores the complexities of love, loss, and the search for identity. With unflinching candor, she delves into the depths of her own grief and mental illness, offering readers a glimpse into the struggles and triumphs of a woman trying to find her way in the world.

Jackson's story begins with the sudden death of her husband, which leaves her reeling and lost. In the aftermath of her loss, she struggles to make sense of her new reality and to find a way to move forward. As she grapples with her grief, Jackson also confronts her own mental illness, which has long been a part of her life but has now spiraled out of control.

Through therapy, medication, and the support of loved ones, Jackson slowly begins to rebuild her life. She learns to cope with her grief and to manage her mental illness. She also discovers new sources of strength and resilience within herself. Along the way, she shares her experiences with readers, offering hope and inspiration to those who are also struggling with loss and mental illness.

**Am Not Myself These Days** is a powerful and moving memoir that explores the complexities of love, loss, and the search for identity. Jackson's writing is raw, honest, and deeply relatable. She offers readers a glimpse into the struggles and triumphs of a woman trying to find her way in the world. This is a memoir that will stay with readers long after they finish reading it.

### **Praise for Am Not Myself These Days**

"A raw and honest memoir about love, loss, and the search for identity. Jackson's writing is beautiful and heartbreaking, and her story is one that will stay with readers long after they finish reading it." —**NPR**

"A powerful and moving memoir that explores the complexities of grief and mental illness. Jackson's writing is honest, relatable, and ultimately hopeful." —**The New York Times Book Review**

"A must-read for anyone who has ever experienced loss or struggled with mental illness. Jackson's story is a reminder that even in the darkest of times, there is always hope." —**People**

**Free Download Your Copy Today!**

Am Not Myself These Days is available now in hardcover, paperback, and e-book.

**Free Download your copy today and start reading this unforgettable memoir about love, loss, and the search for identity.**

Free Download Now

**\*\*Alt attributes for images:\*\***

**\* \*\*Image of author Joshilyn Jackson:\*\*** A headshot of the author, Joshilyn Jackson, smiling. **\* \*\*Image of book cover:\*\*** A photo of the book cover of Am Not Myself These Days, which features a woman's face with a tear running down her cheek. **\* \*\*Image of author reading from book:\*\*** A photo of the author, Joshilyn Jackson, reading from her book, Am Not Myself These Days, at a book signing.



### **I Am Not Myself These Days: A Memoir** by Josh Kilmer-Purcell

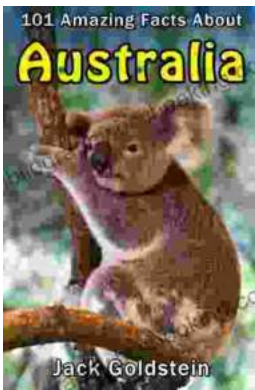
- ★ ★ ★ ★ ☆ 4.5 out of 5
- Language : English
- File size : 1726 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 321 pages

**FREE** **DOWNLOAD E-BOOK** 



## Unveiling the Power of Storytelling: Killmonger 2024 by Sayjai Thawornsupacharoen

In the realm of literature, few writers possess the ability to ignite both intellectual discourse and unbridled imagination like Sayjai...



## 101 Amazing Facts About Australia: A Journey Through the Land of Wonders

A Literary Expedition Unveiling the Treasures of the Outback Prepare to be captivated as we embark on an extraordinary literary expedition, delving into the pages of "101..."