

KAREN TYRRELL

Author • Speaker • Health Advocate • Blogger

There are always
two sides
to every story...

**Me
& Her**

A Memoir of
Madness

'I was totally hooked, - it was instant!'
— Kaz Delaney, author of Dead Actually

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A
Memoir of
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KAREN TYRRELL

DIGITAL FUTURE PRESS

Me & Her: A Memoir of Madness

Author: Karen Tyrrell

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PUB DATE: May 5th 2012

CATEGORY: Biography - manic depressive illness

AUDIENCE: adults EXTENT: 251 pages

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digital future press

Karen Tyrrell, an Australian teacher reveals how she's repeatedly harassed and bullied by parents at her school to breaking point, triggering bipolar disorder and PTSD. In a fit of desperation, she escapes and runs. Police and medical professionals discover her hiding in a lonely motel, forcing her into the frightening world of the psychiatric system. Karen reveals her relationship with her psychologist, her pitch-black manic dreams and her two personas.

ME — wife, mother, writer and teacher.

HER — manic, psychic, healer to the living, telepathic to the dead, and she's very psychotic.

How did she reclaim her life?

THEMES: mental illness, mental health, recovery, bullying, PTSD, wellbeing, resilience, teachers.

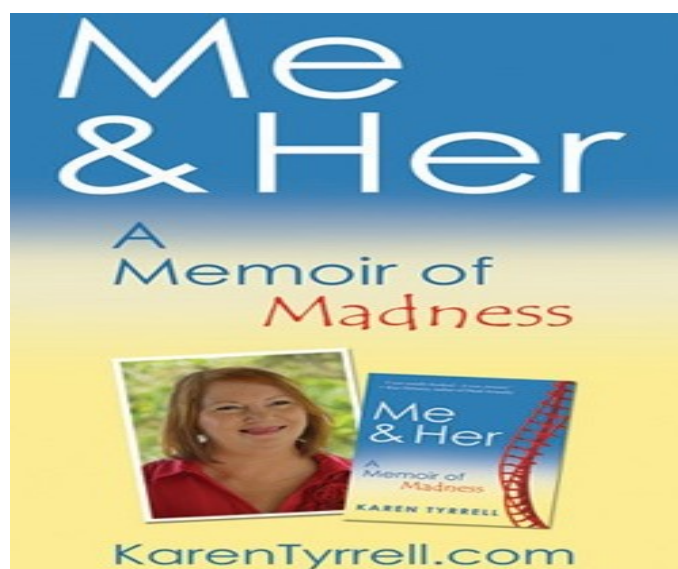
REVIEWS: "Brisbane teacher who cared too much, ended up in psychiatric facility. A warning to all. Make a great movie!" **Spencer**

Howson: ABC Radio

"Karen's story of courage and inspiration. The impact of mental illness and the joy of recovery." **Richard Nelson, CEO QLD Alliance Mental Health**

***5 STAR REVIEWS:** CEO's Mental Health organizations, psychologists, teachers and counsellors.

WINNER: Mental Health achievement



Karen Tyrrell is an award-winning Australian author and teacher. Karen presents key-note talks, creative writing workshops and author talks in schools, libraries, festivals and conferences. She speaks out on TV, radio and writes for magazines. The sequel **ME & HIM: A Guide to Recovery:** Karen Tyrrell's journey 'Back from Insanity' delivers a mental health recovery manual PLUS a memoir from the carer's perspective.

www.karentyrrell.com

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