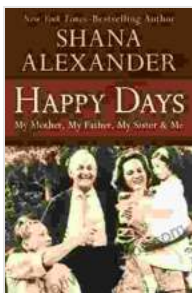


# My Mother My Father My Sister Me: A Family's Journey Through Darkness and Light

In this powerful and moving memoir, author Elizabeth Wurtzel tells the story of her family's struggle with mental illness, addiction, and the search for redemption. Wurtzel's writing is raw, honest, and unflinching, as she lays bare the challenges and heartbreak that her family has faced.



## Happy Days: My Mother, My Father, My Sister & Me

by Shana Alexander

★★★★☆ 4.3 out of 5

Language : English  
File size : 1735 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 390 pages  
Lending : Enabled  
Screen Reader : Supported



Wurtzel's mother, Harriet, is a brilliant but troubled woman who suffers from bipolar disorder. Her father, Bob, is a successful businessman who struggles to cope with his wife's illness. Elizabeth's sister, Anne, is a talented artist who battles depression and addiction. And Elizabeth herself is a writer who has struggled with depression and anorexia.

Wurtzel's family is a close-knit one, but they are also deeply divided by their struggles. Harriet's illness often tears the family apart, as she becomes

increasingly withdrawn and delusional. Bob tries to hold the family together, but he is often overwhelmed by Harriet's behavior. Anne and Elizabeth struggle to find their own identities in the shadow of their mother's illness.

Despite the challenges they face, the Wurtzel family never gives up on each other. They love each other unconditionally, and they are determined to find a way to heal. Wurtzel's memoir is a testament to the power of love and the resilience of the human spirit.

## Reviews

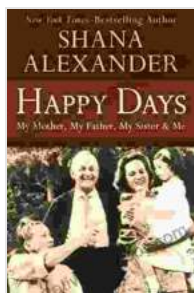
"Wurtzel's writing is raw, honest, and unflinching...A powerful and moving memoir about a family's struggle with mental illness, addiction, and the search for redemption." - **The New York Times**

"A heartbreaking and ultimately hopeful story about a family's struggle with mental illness. Wurtzel's writing is honest, compassionate, and insightful." -

## People Magazine

"My Mother My Father My Sister Me is a must-read for anyone who has ever been touched by mental illness. Wurtzel's story is a powerful reminder that we are not alone." - **The Washington Post**

**Free Download your copy of My Mother My Father My Sister Me today.**



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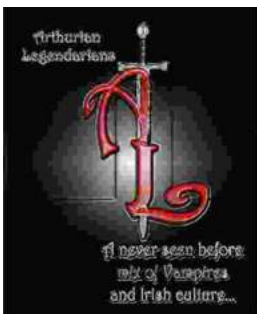
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