

Black Rainbow By Rachel Kelly

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Black Rainbow : Rachel Kelly : 9781444789997

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(PDF) Black Rainbow: How Words Healed Me - My Journey ...

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Discussing 'Black Rainbow' and depression with Rachel Kelly

Black Rainbow By Rachel Kelly - s2.kora.com In Black Rainbow, Rachel Kelly recounts her story of survival when she suffered not one but two depressive episodes in her thirties. With lyrical prose interspersed by beautiful poetry, Rachel describes both her painful relapses and the tortuously slow recovery. For me, this book was so importa.

Black Rainbow How Words Healed Me My Journey Through ...

Discussing 'Black Rainbow' and depression with Rachel Kelly In our conversation, the writer Rachel Kelly talks to us about her own experience of depression. Although many people associate depression with symptoms such as low mood and lack of energy, for Rachel the condition manifested itself in very alarming and painful physical symptoms.

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Black Rainbow: How Words Healed Me: My Journey Through ...

Books by Rachel Kelly, Keynote Speaker, Author and Mental Health Campaigner whose bestselling books include Singing in the Rain, The Happy Kitchen, Walking On Sunshine and Black Rainbow.

Black Rainbow: How words healed me: my journey through ...

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Amazon.com: Black Rainbow: How Words Healed Me: My Journey ...

Rachel Kelly's memoir goes one better: ... Black Rainbow is a moving addition to the body of depression literature, written with compassion and insight. Topics. Autobiography and memoir

Books — Rachel Kelly

Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry.. In 1997, Oxford graduate, working mother, and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and ...

Black Rainbow By Rachel Kelly - s2.kora.com

In Black Rainbow Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery.

Black Rainbow By Rachel Kelly

The book begins on a seemingly-normal Sunday evening, at a town-house in central London, with journalist and mother Rachel Kelly bathing her children. This is the beginning of her first depressive episode. In Black Rainbow, Rachel Kelly recounts her story of survival when she suffered not one but two depressive episodes in her thirties.

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Black Rainbow review - poetry in a moving account of ...

Black Rainbow: How Words Healed Me – My Journey Through Depression Rachel Kelly Yellow Kite, 2014, £8.99, pb, 304 pp, ISBN: 9781444789997 Black Rainbow is Rachel Kelly's story of depression ...

Black Rainbow: How Words Healed Me - My Journey Through ...

Rachel Kelly was a journalist for many years, and spent 10 years at the Times, where she was variously a reporter, feature writer, and columnist, writing the paper's "Alternatively Speaking" health column. Her interest in health and therapy led to her completing the first year of training as a counselor. Her long-standing passion for poetry led to her becoming the cofounder of the iF poetry app ...

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Black Rainbow: How words healed me: my journey through ...

Black Rainbow is Rachel Kelly's story of depression and recovery. It is an eloquent description of her experience of two severe depressive episodes, both with marked anxiety symptoms, and with a strong emphasis on the 'striking physicality of the illness'.

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