



A Collection of my Thoughts

By A Ballard

Chipmunkpublishing. Paperback. Condition: New. 228 pages. Dimensions: 8.0in. x 4.9in. x 0.6in. by Anna Ballard ISBN: 978 1 84747 008 9 ISBN 13: Published: 2006 Pages: 226 Description This insightful book takes you on a journey through the feelings of mental health sufferers and the road to recovery. She provides an emotive understanding of depression and seeks to eliminate the stigma related to it. About the Author Anna Ballard has compiled a wide range of creative poems to give you insight into her depression. She suffered severely for at least ten years and some improvement in her condition, set off a creative spark in her. Book Extract I was born and brought up in the Vale of Evesham, in the heart of England. As the youngest of four children (I have three older brothers) I was somewhat spoiled particularly by my father. However, as the youngest I spent my childhood striving to keep up with my siblings and this nurtured a very competitive spirit within me. In consequence at school this spirit drove me forward and I became a high achiever gaining straight A grades at both O and A level. I was also very fortunate in that I was athletic....



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