

Let Pretend This Never Happened: A Journey Through Trauma, Recovery, and the Power of Storytelling



Let's Pretend This Never Happened by Jenny Lawson

★★★★☆ 4.4 out of 5

Language : English

File size : 4611 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

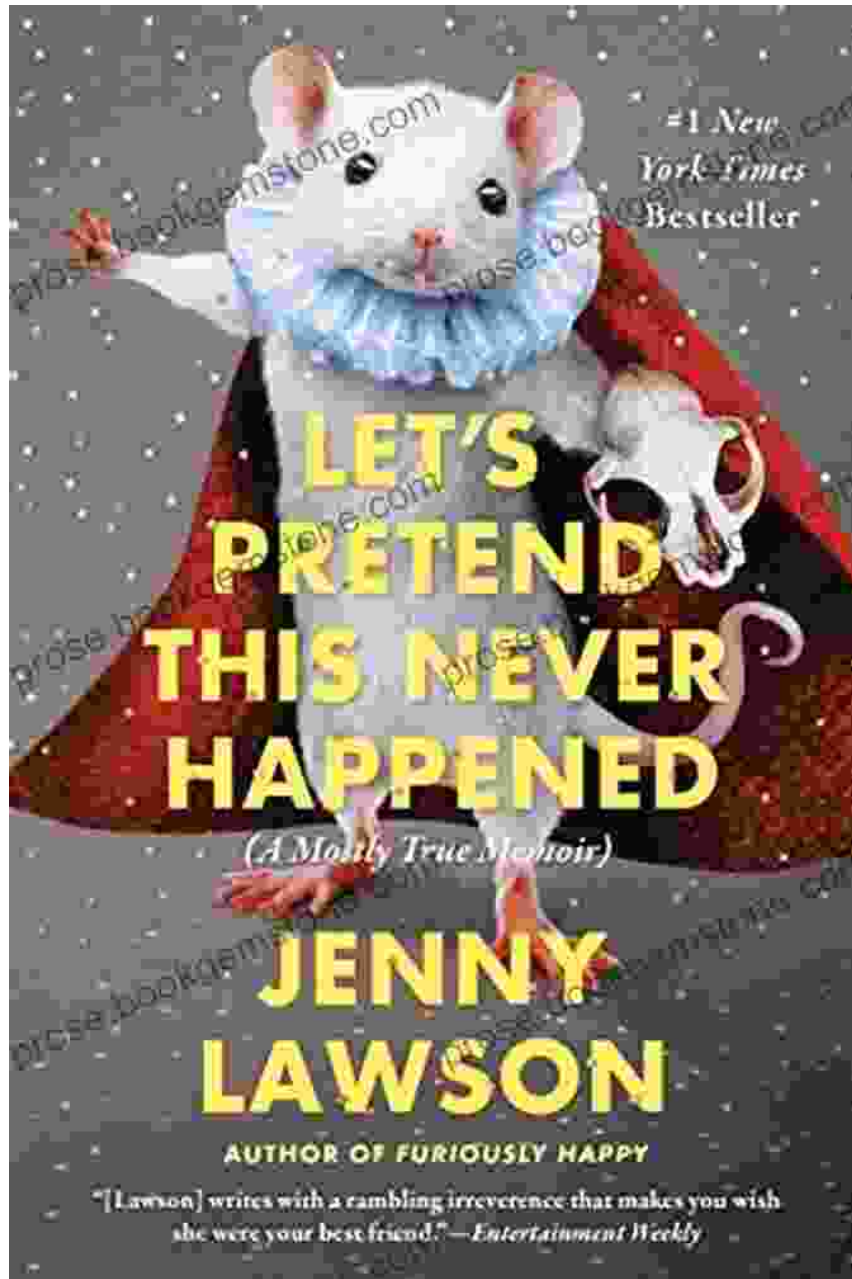
X-Ray : Enabled

Word Wise : Enabled

Print length : 383 pages



By Jenny Lawson



In her memoir, *Let Pretend This Never Happened*, Jenny Lawson shares her experiences with mental illness, trauma, and recovery with candor and vulnerability. The book is a poignant and often humorous account of Lawson's journey from a childhood marked by anxiety and depression to a life of recovery and self-acceptance.

Lawson's writing is honest, raw, and relatable. She doesn't shy away from the difficult details of her experiences, but she also finds the humor in them. Her story is sure to resonate with anyone who has ever struggled with mental health issues, or who knows someone who has.

While the subject matter of *Let Pretend This Never Happened* is heavy, Lawson's approach is lighthearted and often laugh-out-loud funny. She uses her own experiences as a way to break the stigma surrounding mental illness and to show others that it is possible to recover and live a full and meaningful life.

Lawson's Journey of Trauma and Recovery

Lawson's journey of trauma and recovery began in childhood. She was diagnosed with anxiety and depression at a young age, and she struggled with these conditions throughout her adolescence and early adulthood. She also experienced a number of traumatic events, including the death of her father and a sexual assault.

These experiences left Lawson feeling lost and alone. She turned to self-harm and suicidal thoughts as a way to cope with her pain. However, with the help of therapy and medication, Lawson was able to begin to heal from her trauma and to develop coping mechanisms for her mental illness.

In *Let Pretend This Never Happened*, Lawson shares her story in the hope of helping others who are struggling with mental health issues. She shows that it is possible to recover from trauma and to live a full and meaningful life. She also uses her platform to speak out against the stigma surrounding mental illness.

The Power of Storytelling

Lawson believes that storytelling is a powerful tool for healing and recovery. She uses her own story to show that it is possible to overcome adversity and to find hope and healing. She also uses her writing to challenge the stigma surrounding mental illness and to promote understanding and compassion.

Let Pretend This Never Happened is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with mental health issues. Lawson's writing is honest, raw, and relatable, and her story is sure to give hope to others who are struggling.

Let Pretend This Never Happened is a must-read for anyone who is interested in mental health, trauma, or recovery. Lawson's writing is honest, raw, and relatable, and her story is sure to resonate with anyone who has ever struggled with these issues. She shows that it is possible to recover from trauma and to live a full and meaningful life. She also uses her platform to speak out against the stigma surrounding mental illness and to promote understanding and compassion.



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