



# Shaking Shame from Mental Illness

*Evonne Agnello*

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## **Shaking Shame from Mental Illness** Evonne Agnello

The suicide of her father hits Evonne Agnello hard, but when her brother follows suit four years later, she wonders if fate will send her along the same path.

Grappling with the deaths, handling the family business, and dealing with a mother needing care hundreds of miles away, Evonne finds depression pounding on her door. But she stands firm--after some wobbles--determined to not let the intruder destroy her life. Evonne releases her pain through writing, lets the Olympic Rainforest wash her in solace, and confronts her brother's mental illness in his writing.

With sensitivity, Evonne explores mental illness from both sides--within the mind of the sufferer and of those watching the one suffering--and sends hope for all. *Shaking Shame from Mental Illness* shows that depression is highly treatable and manageable and need not poison your life. One can emerge from the depths of despair and find reasons to dance in the sun.

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