

# Start Over Again: A Journey of Discovery and Self-Acceptance





## **Start Over Again** by Emily Maguire

★★★★☆ 4.6 out of 5



Emily Maguire's memoir, *Start Over Again*, is a raw and honest account of her experiences with mental illness and addiction. Through her writing, Emily offers hope and encouragement to others who are struggling with similar challenges.

Emily's story begins in her early twenties, when she was struggling with anxiety and depression. She turned to alcohol and drugs to self-medicate, and soon found herself spiraling out of control. She lost her job, her apartment, and her relationships.

At her lowest point, Emily was diagnosed with bipolar disorder. She spent several months in a psychiatric hospital, where she began to rebuild her life. With the help of therapy, medication, and support from her family and friends, Emily slowly started to recover.

In *Start Over Again*, Emily shares her experiences with mental illness and addiction in unflinching detail. She writes about the highs and lows of recovery, and the challenges she faced along the way. She also offers hope and encouragement to others who are struggling with similar challenges.

Emily's story is a reminder that even in the darkest of times, there is always hope. With the right help and support, it is possible to overcome mental illness and addiction and rebuild a fulfilling life.

## **About Emily Maguire**

Emily Maguire is a writer, speaker, and mental health advocate. She is the author of the memoir *Start Over Again*, and she has written extensively about her experiences with mental illness and addiction. Emily is passionate about helping others who are struggling with similar challenges, and she frequently speaks to audiences about her journey of recovery.

## **Reviews for Start Over Again**

"Start Over Again is a powerful and inspiring memoir that offers hope and encouragement to others who are struggling with mental illness and addiction. Emily Maguire's raw and honest account of her experiences is a reminder that even in the darkest of times, there is always hope." - Publishers Weekly

"Start Over Again is a must-read for anyone who has ever struggled with mental illness or addiction. Emily Maguire's writing is raw, honest, and inspiring. She offers hope and encouragement to others who are struggling with similar challenges, and her story is a reminder that even in the darkest of times, there is always hope." - Goodreads reviewer

"Start Over Again is a powerful and inspiring memoir that offers hope and encouragement to others who are struggling with mental illness and addiction. Emily Maguire's raw and honest account of her experiences is a reminder that even in the darkest of times, there is always hope." - Our Book Library reviewer

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