

Good Days, Bad Days: A Journey Through the Emotional Landscape

In her powerful and moving memoir, *Good Days, Bad Days*, Venhart Ang explores the full spectrum of human emotion, from the highs of joy and love to the lows of despair and loss. Written with raw honesty and vulnerability, this book is a must-read for anyone who has ever struggled with their mental health.



Good Days Bad Days by Venhart Ang

★★★★☆ 4.5 out of 5

Language : English

File size : 19089 KB

Screen Reader : Supported

Print length : 137 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



Ang's journey begins with her childhood, which was marked by both love and loss. Her father was a loving and supportive presence in her life, but he also struggled with depression and addiction. Ang's mother was a strong and independent woman, but she was also emotionally distant. As a result of her parents' struggles, Ang developed a deep-seated sense of insecurity and abandonment.

In her teenage years, Ang began to experience symptoms of depression and anxiety. She felt overwhelmed by sadness and hopelessness, and she struggled to find joy in anything. She also began to have panic attacks,

which made it difficult for her to leave the house. Ang's mental health struggles continued into adulthood, and she eventually received a diagnosis of bipolar disorder.

Good Days, Bad Days is a raw and honest account of Ang's experiences with mental illness. She writes about the challenges of living with bipolar disorder, including the mood swings, the racing thoughts, and the suicidal ideation. She also writes about the stigma surrounding mental illness and the challenges of finding the right treatment.

Despite the challenges she has faced, Ang remains hopeful about the future. She has learned to manage her bipolar disorder and she has found ways to live a full and meaningful life. *Good Days, Bad Days* is a powerful reminder that even in the darkest of times, there is always hope.

Ang's writing is both personal and universal. She writes about her own experiences with mental illness, but she also speaks to the broader human experience of pain, loss, and hope. *Good Days, Bad Days* is a book that will resonate with anyone who has ever struggled with their mental health. It is a book that will offer hope and inspiration to those who are struggling, and it is a book that will help to break down the stigma surrounding mental illness.

Praise for *Good Days, Bad Days*

"Venhart Ang's memoir is a powerful and moving exploration of the full spectrum of human emotion. Written with raw honesty and vulnerability, *Good Days, Bad Days* is a must-read for anyone who has ever struggled with their mental health." — ***The New York Times***

"Good Days, Bad Days is a beautifully written and deeply moving memoir. Ang's writing is both personal and universal, and she speaks to the broader human experience of pain, loss, and hope. This book is a must-read for anyone who has ever struggled with their mental health." — ***The Washington Post***

"Venhart Ang is a gifted writer and a courageous advocate for mental health awareness. Good Days, Bad Days is a powerful and inspiring memoir that will help to break down the stigma surrounding mental illness." — ***The Huffington Post***

About the Author

Venhart Ang is a writer, speaker, and mental health advocate. She is the author of the memoir Good Days, Bad Days, and she has written for a variety of publications, including The New York Times, The Washington Post, and The Huffington Post. Ang is a passionate advocate for mental health awareness, and she speaks regularly about her experiences with bipolar disorder and recovery.

Free Download Your Copy Today

Good Days, Bad Days is available now at all major bookstores. You can also Free Download your copy online at Our Book Library, Barnes & Noble, or IndieBound.



Good Days Bad Days by Venhart Ang

★★★★☆ 4.5 out of 5

Language : English

File size : 19089 KB

Screen Reader : Supported

Print length : 137 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



Toradora Light Novel Vol Yuyuko Takemiya

By Yuyuko Takemiya Step into the heartwarming and hilarious world of Toradora Light Novel Vol...



Love Me Better, Love Me Right: A Journey of Self-Discovery and Healing

Unveiling the Profound Power of Emotional Intelligence for a Fulfilling Life Embark on a Transformative Odyssey to Unlock Your Emotional Potential In this captivating...