

Black Rainbow By Rachel Kelly

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Black Rainbow By Rachel Kelly

Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained ...

Black Rainbow: How Words Healed Me - My Journey Through ...

In Black Rainbow, Rachel Kelly recounts her story of survival when she suffered not one but two depressive episodes in her thirties. With lyrical prose interspersed by beautiful poetry, Rachel describes both her painful relapses and the tortuously slow recovery. For me, this book was so importa

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Black Rainbow: How Words Healed Me, My Journey Through ...

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Black Rainbow by Rachel Kelly | Waterstones

In the following step, we'll be talking to the writer Rachel Kelly, whose memoir Black Rainbow recalls her own experience of depression, and describes how poems helped her to recover when other treatments proved ineffective. Rachel has kindly allowed us to share some extracts from her book, which you can download by following the link below. ...

Extracts from 'Black Rainbow' by Rachel Kelly

Black Rainbow by Rachel Kelly Black Rainbow: How words healed me – my journey through depression “The powerful first-person story of one woman’s struggle with depression, and how she managed to recover from it through the power of poetry.

Black Rainbow by Rachel Kelly - Devon Recovery Learning ...

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Black Rainbow By Rachel Kelly | Used | 9781444789997 ...

So Rachel, at one point in your book, Black Rainbow, which is about the healing power of words, there was a moment when either your mother or your husband actually physically gave a poem to your friends in order for them to help understand what you were going through.

Discussing 'Black Rainbow' and depression with Rachel Kelly

Black Rainbow: My journey through depression A Sunday Times top ten bestseller and powerful first-person account of Rachel's struggle with clinical depression and how she managed to recover, in part, through harnessing the healing power of the written word. Published April 2014 by Hodder & Stoughton.

Download Ebook Black Rainbow By Rachel Kelly

Rachel Kelly was a journalist for many years, and spent 10 years at the Times, where she was variously a reporter, feature writer, and columnist, writing the paper's "Alternatively Speaking" health column. Her interest in health and therapy led to her completing the first year of training as a counselor. Her long-standing passion for poetry led to her becoming the cofounder of the iF poetry app ...

Black Rainbow: How Words Healed Me: My Journey Through ...

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Black Rainbow How Words Healed Me My Journey Through ...

In her early thirties, Rachel was diagnosed with severe depression after suffering two major depressive episodes. These two episodes have become the defining events of her life. Since then, she has written about the condition and her recovery in books that have been read by tens of thousands of people.

About — Rachel Kelly

Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days.

Black Rainbow – Rachel Kelly

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Black Rainbow by Rachel Kelly | Hachette UK

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With Black Rainbow, Rachel Kelly has produced far more than a mere memoir - a genre which notoriously runs the gamut from the genuinely ground-breaking, through the ghost-written, celebrity money-spinner to the frankly egregious.

Amazon.co.uk:Customer reviews: Black Rainbow: How Words ...

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