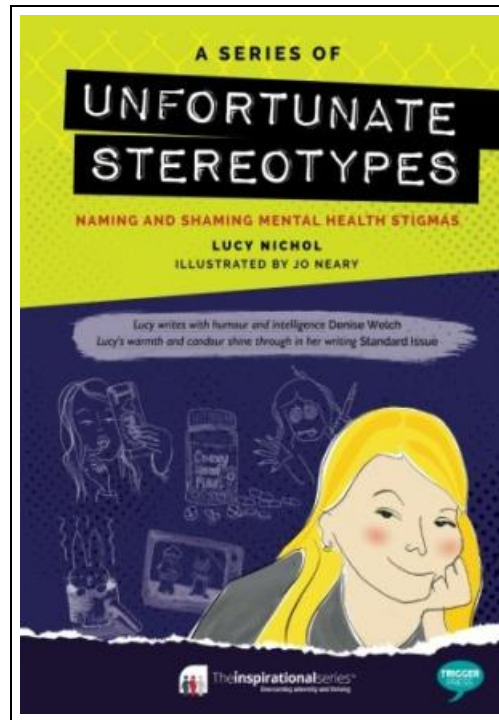


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SERIES OF UNFORTUNATE STEREOTYPES: NAMING AND SHAMING MENTAL HEALTH STIGMAS (PAPERBACK)



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Trigger Press, United Kingdom, 2018. Paperback. Condition: New. Jo Neary (illustrator). Language: English . Brand New Book. A Series of Unfortunate Stereotypes is essentially an exercise in empathy. Lucy Nichol has been there and she cares: reflection and resonance. Kristin Hersch Lucy s book really struck a chord with me. Anxiety is a medium-sized word with plus-size consequences, and opening up about what it actually means is the only way to break down those unfortunate stereotypes . Andrea McLean I love Lucy s writing. It s an insightful and incredibly accurate account of living with mental illness and the stigma that surrounds it, written with humour and intelligence. Denise Welch From a young age, Lucy Nichol has always been on edge. Whether it s because of her fear of beards, a general sense that she can catch a disease from anything, or the belief that she s going to throw up at any given moment, she s never really felt safe. In A Series of Unfortunate Stereotypes, Lucy explores the different lenses through which she - and other people - have viewed her mental health problems. She tackles a number of different stereotypes placed on people living with mental illness, including the idea that they are narcissists, hypochondriacs, and psychos.After writing a blog post about her journey, Lucy realised that she wasn t alone in feeling this way. And so she began to talk more about her experience, eventually becoming a columnist in Sarah Millican s magazine Standard Issue. In writing about her life in such an open way, Lucy has been able to claw herself back from the grips of her anxiety. A Series of Unfortunate Stereotypes is one of the most fortunate things you could read!.



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