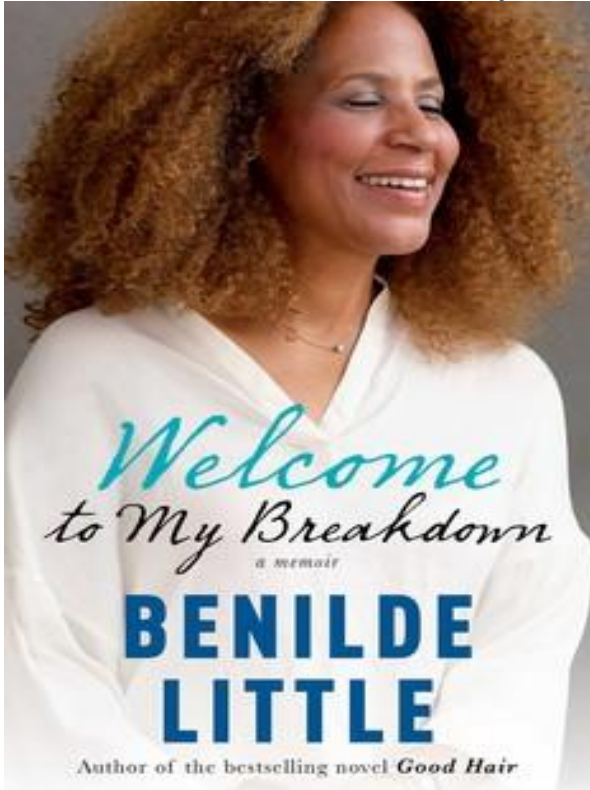


Welcome to My Breakdown:

A Book Discussion in honor of
National Minority Mental Health Awareness Month



Benilde Little once had every reason to feel on top of the world. But as illness, the aging of her parent, and other hurdles interrupted her seemingly perfect life, she took a tailspin into a pit of clinical depression.

Told in her own fearless and wise voice, *Welcome to My Breakdown* chronicles a cavern of depression so dark that Benilde didn't know if she'd ever recover from what David Foster Wallace called "a nausea of the soul." She discusses everything and ultimately how she treated her depression and found a way out. Benilde doesn't hold back as she shares insights, inspiration, and intimate details of her life. Powerful, relatable, and ultimately redemptive, *Welcome to My Breakdown* is a remarkable memoir about the power within us all to rise from despair and to feel hope and joy again

Registration required

July 12, 2016 6pm-8pm

Chesnutt Library-FSU

1200 Murchison Rd. Fay. NC 28301

Contact: Virginia Hill 910 978 4655 or 910-223-5244

email namicumberland@gmail.com Register online: www.namichl.org



nami

National Alliance on Mental Illness

Cumberland, Harnett
and Lee Counties

109 Bradford Ave Fayetteville, NC 28301 910 223 5244 web: www.namichl.org

