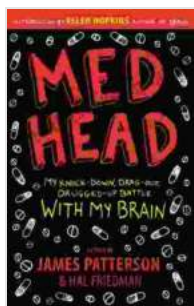


My Knock Down Drag Out Drugged Up Battle With My Brain

I've been wrestling with my brain for as long as I can remember. It's a constant battle, a never-ending tug-of-war. I'm fighting against anxiety, depression, and addiction. And I'm losing.

It started when I was a child. I was always the shy, anxious one. I was afraid of everything, from the dark to strangers. As I got older, my anxiety only got worse. I started having panic attacks, which made it difficult to go to school or even leave the house.



MedHead: My Knock-down, Drag-out, Drugged-up Battle with My Brain by James Patterson

★★★★☆ 4.3 out of 5

Language : English
File size : 1543 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 320 pages



When I was 16, I started drinking. Alcohol helped me to relax and forget about my worries. But it also led to addiction. I started drinking more and more, and soon I was drinking every day.

My drinking eventually led to depression. I lost interest in everything, and I started to isolate myself from my friends and family. I felt like I was worthless, and I didn't see any point in living.

I tried to get help, but nothing seemed to work. I went to therapy, but I couldn't stick with it. I tried medication, but it made me feel worse. I even tried to quit drinking, but I couldn't do it.

I was at my lowest point when I met my boyfriend. He was the first person who really understood me. He was patient with me, and he helped me to see that I wasn't alone.

With his support, I finally started to turn my life around. I quit drinking, and I started going to therapy again. I'm still struggling with my anxiety and depression, but I'm making progress.

I'm not sure what the future holds, but I'm determined to keep fighting. I'm not going to give up on myself. I'm going to keep fighting until I win.

I know that I'm not alone. Millions of people are struggling with mental illness and addiction. If you're one of them, I want you to know that you're not alone. There is help available. You don't have to fight this battle on your own.

Here are some resources that can help:

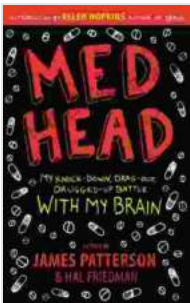
- National Alliance on Mental Illness: 1-800-950-NAMI (6264)
- Substance Abuse and Mental Health Services Administration: 1-800-662-HELP (4357)

- The Trevor Project: 1-866-488-7386

You can also find help online at the following websites:

- National Alliance on Mental Illness: <https://www.nami.org/>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>
- The Trevor Project: <https://www.thetrevorproject.org/>

If you're struggling with mental illness or addiction, please know that you're not alone. There is help available. You don't have to fight this battle on your own.



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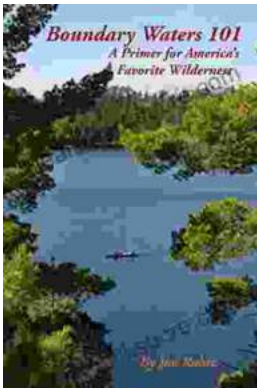
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