



Therapy

By Kathryn Perez



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Sometimes you have to get lost in order to be found... I'm needy. I'm broken. Cutting breaks through my numbness, but only opens more wounds. Depression, bullying, self-harm...that's my reality. Sex and guys...my escape. The space between the truth and lies is blurred leaving me torn, lost and confused. And while the monsters that live in my head try to beat me--the two men that I love try to save me. This is my story of friendship, heartache and the grueling journey that is mental-illness.

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