

Four psychiatric wards
Three rehabs
Two jail cells
And a suicide attempt...

Hannah was told she would not make it to 25 with the way she was living. She had struggled with mental illness her entire life, but at 22 her demons came to a head at the grips of severe substance abuse, life-changing trauma, and two major deaths in her life.

Hannah's struggles land her places no one ever hopes to grace; jail and psych wards lead her to the brink of death. Running out of options she's left with two choices: live or die. This heart-wrenching memoir combines recovery with bittersweet romance told in a raw presentation that immerses the reader into the author's dark state-of-mind in every page.

Tiger Stripes is going to add a valuable voice to the conversation about women's mental health issues.