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Black Rainbow By Rachel Kelly

With Black Rainbow, Rachel Kelly has produced far more than a mere memoir - a genre which notoriously runs the gamut from the genuinely groundbreaking, through the ghost-written, celebrity money-spinner to the frankly egregious.

Black Rainbow: How Words Healed Me: My Journey Through ...

In Black Rainbow, Rachel Kelly recounts her story of survival when she suffered not one but two depressive episodes in her thirties. With lyrical prose interspersed by beautiful poetry, Rachel describes both her painful relapses and the tortuously slow recovery. For me,

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this book was so importa

Black Rainbow: How Words Healed Me, My Journey Through ...

Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained ...

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Black Rainbow (Audiobook) by Rachel Kelly | Audible.com

Rachel Kelly is the bestselling author of *The Happiness Diet*, *Walking on Sunshine: 52 Small Steps to Happiness*, and *Black Rainbow*. She began her career as a journalist in London at *The Times*. She is now an official Ambassador for SANE and Vice President for the charity United Response. Rachel lives in West London.

Walking on Sunshine | Book by Rachel Kelly | Official ...

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Black Rainbow: My journey through depression A Sunday Times top ten bestseller and powerful first-person account of Rachel's struggle with clinical depression and how she managed to recover, in part, through harnessing the healing power of the written word. Published April 2014 by Hodder & Stoughton.

Books — Rachel Kelly

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Black Rainbow: How Words Healed Me - My Journey Through ...

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Black Rainbow: Rachel Kelly By timcocks0noi, February 25, 2015. What are you reading? (And what are you drinking with it?) Name: David Bolton, Chelsea Harbour, London. Profession: Physiotherapist. Book title: Black Rainbow: How words healed me - my journey through depression. Author: Rachel Kelly.

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Black Rainbow - Rachel Kelly

In 2014 Kelly's book *Black Rainbow: How Words Healed Me — My Journey Through Depression* was published in the UK and appeared on the Sunday Times bestseller list. The book details her experience with depression, including a hospitalization for suicide risk, and a multi-stage recovery.

Rachel Kelly - Wikipedia

Black Rainbow: How Words Healed Me, My Journey Through Depression: Kelly (Jo, Rachel: Amazon.com.mx: Libros

Black Rainbow: How Words Healed Me, My Journey Through ...

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Coheed and Cambria - Year of the Black Rainbow by Coheed ...

Yellow Kite began publishing in January 2014 and in its first year (Yellow Kite) had two Sunday Times Top Ten bestsellers: One Million Lovely Letters by Jodi Ann Bickley and Black Rainbow by Rachel Kelly. It also had a New York Times bestseller with David Perlmutter's Grain Brain. Publishing about a dozen non-fiction titles per year, its ...

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