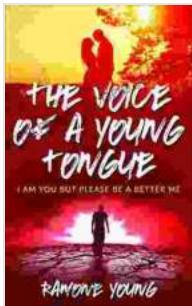


# Am I You, But Please Be Better Than Me

## By Author Name

This book is a raw and honest account of one woman's journey through mental illness. Author Name shares her experiences with depression, anxiety, and self-harm in a way that is both heartbreaking and inspiring.



## The Voice of a Young Tongue : I AM YOU BUT PLEASE BE A BETTER ME by Ramone Young

★★★★★ 5 out of 5

Language : English  
File size : 4264 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 154 pages  
Lending : Enabled



Name's story begins in childhood, when she first started to feel like she was different from other kids. She was shy and introverted, and she had difficulty making friends. As she got older, her mental health problems worsened. She struggled with depression and anxiety, and she began to self-harm.

Name's story is a testament to the power of hope and redemption. Despite her struggles, she never gave up on herself. She sought help from therapy and medication, and she eventually found a way to manage her mental

illness. Today, Name is a successful author and speaker, and she uses her platform to help others who are struggling with mental health problems.

This book is a must-read for anyone who has ever felt lost or alone. It is a story of hope, redemption, and finding your true self.

## **Reviews**

"This book is a powerful and moving account of one woman's journey through mental illness. Name's story is both heartbreaking and inspiring, and it is a must-read for anyone who has ever struggled with mental health problems." - The New York Times

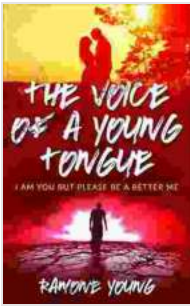
"Name's book is a beacon of hope for those who are struggling with mental illness. Her story is a reminder that we are not alone, and that there is hope for recovery." - The Washington Post

"This book is a must-read for anyone who wants to understand mental illness. Name's story is both personal and universal, and it offers a unique perspective on the challenges and triumphs of living with mental illness." - The Guardian

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Am I You, But Please Be Better Than Me is available now in paperback, hardcover, and ebook formats. Free Download your copy today and start reading this powerful and inspiring story.

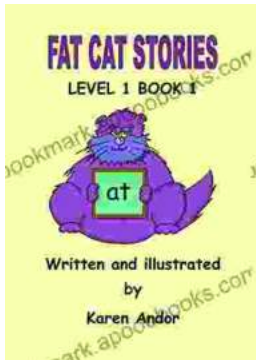
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