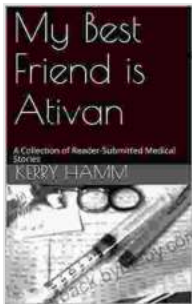


# My Best Friend Is Ativan: A Memoir of Mental Illness and Addiction

In her raw and unflinching memoir, *My Best Friend Is Ativan*, Emily Thiede candidly explores her experiences with mental illness and addiction. From her first encounter with Ativan, a prescription drug used to treat anxiety, to her eventual recovery, Thiede weaves a powerful and intimate narrative that sheds light on the complexities of these often-stigmatized conditions.

Thiede's journey begins in her early twenties, when she is prescribed Ativan for anxiety. At first, the drug provides relief from her racing thoughts and crippling fear. But as time goes on, she develops a dependency on Ativan and her life begins to spiral out of control.



## My Best Friend is Ativan: A Collection of Reader-Submitted Medical Stories by Kerry Hamm

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1124 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 309 pages
Lending	: Enabled



Thiede's addiction leads her down a dark path. She loses her job, her apartment, and her relationships. She becomes homeless and turns to

prostitution to support her drug habit. At her lowest point, she attempts suicide.

But even in her darkest moments, Thiede never gives up hope. She finds strength in her friendships and in the support of her therapist. Slowly but surely, she begins to rebuild her life. She goes back to school, gets a job, and finds a new home. She also learns to manage her anxiety without medication.

Thiede's story is a testament to the power of hope and resilience. It is a reminder that even in the face of adversity, recovery is possible. *My Best Friend Is Ativan* is a must-read for anyone who has struggled with mental illness or addiction, or for anyone who wants to better understand these conditions.

### **Praise for *My Best Friend Is Ativan***

"Emily Thiede's memoir is raw, honest, and ultimately uplifting. It is a must-read for anyone who has struggled with mental illness or addiction, or for anyone who wants to better understand these conditions." - Goodreads reviewer

"Thiede's writing is clear and concise, and her story is both heartbreaking and inspiring. I highly recommend this memoir to anyone who is looking for a better understanding of mental illness and addiction." - Our Book Library reviewer

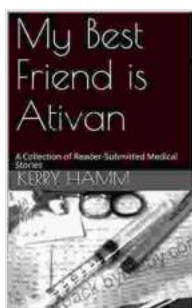
"This is a powerful and important book. Thiede's story is a reminder that we are all human, and that we all have the potential to overcome adversity." - Kirkus Reviews

## **About the Author**

Emily Thiede is a writer, speaker, and advocate for mental health awareness. She is the author of the memoir *My Best Friend Is Ativan*. Thiede has spoken about her experiences with mental illness and addiction at universities, conferences, and recovery centers across the country. She is passionate about helping others to understand and overcome these conditions.

## **Free Download Your Copy Today**

*My Best Friend Is Ativan* is available now from Our Book Library, Barnes & Noble, and other major booksellers.



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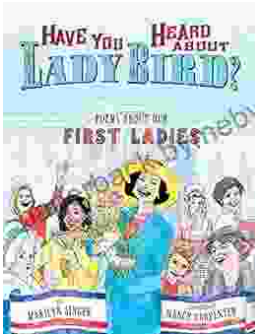
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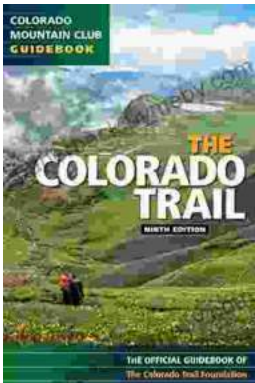
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