

# The Center Cannot Hold: My Journey Through Madness



## The Center Cannot Hold: My Journey Through Madness

by Elyn R. Saks

★★★★☆ 4.7 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 354 pages



In 1987, I was diagnosed with schizophrenia. I was 25 years old and had just finished law school. I had always been a high-achieving student, but after I graduated, I started to experience strange symptoms. I would hear voices that no one else could hear, and I would see things that weren't there. I became increasingly paranoid and withdrawn, and I eventually had to drop out of school.

I spent the next several years in and out of psychiatric hospitals. I was given a variety of medications, but none of them seemed to help. I was often afraid and confused, and I didn't know how I was going to get better.

In 1990, I met a therapist who changed my life. She helped me to understand my illness and to develop coping mechanisms. I also started to

write about my experiences, and this helped me to process my emotions and to make sense of what had happened to me.

I'm now 55 years old, and I've been living with schizophrenia for over 30 years. I've had my ups and downs, but I'm doing much better now. I'm able to work, I have a fulfilling social life, and I'm even writing a book about my experiences.

I know that I'm lucky to have recovered as much as I have. Many people with schizophrenia are not able to live independently, and some even end up homeless or in jail. I'm grateful for the support that I've received from my family, my friends, and my therapist. I'm also grateful for the progress that has been made in the treatment of mental illness. I hope that one day, everyone with schizophrenia will be able to live full and meaningful lives.

### **Here are some of the things that I've learned from my journey through madness:**

- Mental illness is not a sign of weakness. It's a real illness that can affect anyone.
- There is hope for recovery. Even if you're struggling with severe mental illness, there are treatments that can help you.
- It's important to talk about your experiences. Sharing your story can help you to process your emotions and to connect with others who understand what you're going through.
- Don't give up on yourself. Even if you have setbacks, don't give up on your recovery.

I hope that my story will inspire others who are struggling with mental illness. I want them to know that they're not alone, and that there is hope for recovery.

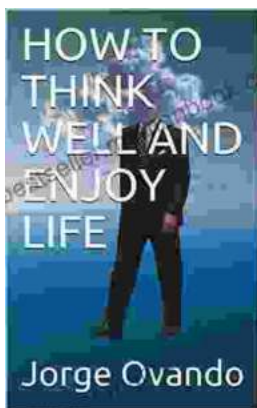


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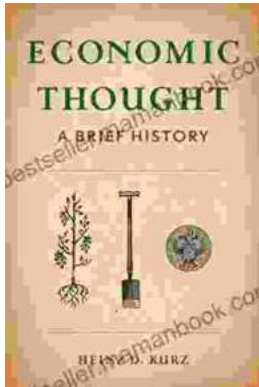
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