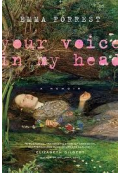


Your voice in my head

Your Voice in My Head



"Can I tell you what it's like to live inside Millais' painting of Ophelia"? asks Emma

Forrest in her memoir, *Your Voice in My Head*. Forrest is already a published author and journalist when in her early 20s moves from London to New York. Her professional rise as a writer coincides with her extreme struggles with self-cutting, an eating disorder, mania, a suicide attempt, and depression.

Forrest credits a lot of her survival to psychiatrist, Dr. R. So when Dr. R dies suddenly, and then a famous Hollywood actor dumps her via text message shortly after, Forrest is left alone to pick up the pieces of her heartbreak and loss.

This isn't the type of memoir I usually read, but I'm glad I did. Forrest walks well the line of artistic genius and insanity. You care for her, even when the choices she makes are hard to understand. Rounding out the sympathetic characters are Dr. R, and Forrest's own parents who deal the best they can from London. **Read more »**

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