



## my fellow travellers (journeys) (Volume 1)

Michelle Sheppard

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At the age of 42, Kate Beckenshire, a mother and educated woman finds herself stuck in the revolving door of the mental healthcare system. In the midst of indifferent physicians and health care professionals, Kate struggles to recover. After exhausting all avenues, she is dumped in a state run mental hospital. It is here where she fights to reclaim her life, but not alone, with the help of her fellow travelers.



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