



Die bleek man op my hakke: My lewe met skisofrenie (Afrikaans Edition)

Harriet Christou

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Niemand hoor die stemme wat so duidelik in haar kop praat nie. Niemand weet dat sy nie kan bad nie omdat haar bad voortdurend vol bloed is ... dat sy tientalle obsessiewe kompulsies het wat haar byna te bang maak om asem te haal. Niemand weet van Harriet Christou se lewe met skisofrenie nie.

Harriet vertel 'n sonderlinge verhaal, en sy doen dit onverskrokke en openhartig. Sy vertel van die tuimelrit deur die dieptes van ontreding en ellende, van herhaalde mislukte behandeling totdat sy korrek gediagnoseer is en die regte medikasie begin kry het, van die desperate soeke na begrip en aanvaarding, 'n soeke wat haar keer op keer in nog dieper ellende dompel. Sy vertel van die selfmoordpogings, die verbrokkeling van haar gesinslewe, haar desperate soeke na God en die daaglikse stryd om te probeer onderskei tussen wat werklik is en wat nie.

Dit is 'n onthutsende verhaal. Skokkend. Maar ook 'n verhaal van volharding, hoop, menslikheid en begrip vir die kompleksiteit en broosheid van die menslike lewe.

Harriet Christou woon en werk in Bloemfontein. In 2005 is skisofrenie by haar gediagnoseer, en met dié boek wil sy die geheimenisse van die siekte vir lesers ontsluit.

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