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Black Rainbow
By Rachel
Kelly

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KELLY AND SISTER

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2015 - This is the

Year: Rachel Kelly,

author of 'Black

Rainbow' (Hodder)

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anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained ...

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Black Rainbow: How
Words Healed Me -
My Journey Through

...

In Black Rainbow,
Rachel Kelly recounts
her story of survival
when she suffered
not one but two
depressive episodes
in her thirties. With
lyrical prose
interspersed by

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beautiful poetry,
Rachel describes both
her painful relapses
and the tortuously
slow recovery. For
me, this book was so
importa

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Black Rainbow is the

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In the following step,
we ' ll be talking to
the writer Rachel
Kelly, whose memoir
Black Rainbow recalls
her own experience
of depression, and
describes how poems
helped her to recover
when other
treatments proved

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ineffective. Rachel has kindly allowed us to share some extracts from her book, which you can download by following the link below. ...

Extracts from ' Black
Rainbow ' by Rachel
Kelly

Black Rainbow by
Rachel Kelly Black

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Rainbow: How words healed me – my journey through depression “ The powerful first-person story of one woman ’ s struggle with depression, and how she managed to recover from it through the power of poetry.

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Recovery Learning ...
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Times journalist
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began to get better,

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but her anxiety levels
remained ...
Rachel Kelly

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So Rachel, at one
point in your book,
Black Rainbow, which
is about the healing
power of words, there
was a moment when
either your mother or

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your husband
actually physically
gave a poem to your
friends in order for
them to help
understand what you
were going through.

Discussing ' Black
Rainbow ' and
depression with
Rachel Kelly
Black Rainbow: My

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Rainbow By
depression A Sunday
Rachel Kelly
Times top ten
bestseller and
powerful first-person
account of Rachel 's
struggle with clinical
depression and how
she managed to
recover, in part,
through harnessing
the healing power of
the written word.

Published April 2014

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Rainbow
by Hodder &
Stoughton.
Rachel Kelly

Books — Rachel Kelly
Rachel Kelly was a
journalist for many
years, and spent 10
years at the Times,
where she was
variously a reporter,
feature writer, and
columnist, writing the
paper's "Alternatively

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Speaking" health
column. Her interest
in health and therapy
led to her completing
the first year of
training as a
counselor. Her long-
standing passion for
poetry led to her
becoming the
cofounder of the iF
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My Journey Through

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Words Healed Me My
Journey Through ...

In her early thirties,
Rachel was diagnosed

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with severe depression after suffering two major depressive episodes. These two episodes have become the defining events of her life. Since then, she has written about the condition and her recovery in books that have been read by tens of thousands of people.

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About — Rachel Kelly
Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and

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Times journalist

Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days.

Black Rainbow –
Rachel Kelly

Black Rainbow is the powerful first-person

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from feeling mildly
anxious to being
completely unable to
function within the
space of just three
days.

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BOOKS etc
With Black Rainbow,
Rachel Kelly has
produced far more
than a mere memoir -
a genre which
notoriously runs the
gamut from the
genuinely ground-
breaking, through the
ghost-written,
celebrity money-
spinner to the frankly
egregious.

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Black Rainbow is the
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depression and how
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