

# Better or Worse: Blou Bliss

In the depths of despair, Blou Bliss found hope. In the face of adversity, she found strength. And in the midst of darkness, she found light.



## 4 Better or 4 Worse by Blou Bliss

★★★★☆ 4.6 out of 5

Language : English

File size : 345 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 209 pages

Lending : Enabled

Hardcover : 224 pages

Item Weight : 1.08 pounds

Dimensions : 6.14 x 0.56 x 9.21 inches

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Better or Worse is a raw and honest account of Blou's journey through the depths of depression and anxiety. It is a story of pain, but it is also a story of hope. It is a story of darkness, but it is also a story of light.

Blou's writing is both deeply personal and universally relatable. She writes about the things that we all struggle with: the fear of failure, the weight of expectations, the pain of loss. But she also writes about the power of hope, the strength of resilience, and the beauty of life.

Better or Worse is a book that will stay with you long after you finish reading it. It is a book that will inspire you to never give up, no matter how

hard life gets. It is a book that will remind you that even in the darkest of times, there is always hope.

### **Praise for Better or Worse**

"A raw and honest account of one woman's journey through the depths of depression and anxiety. Blou Bliss writes with a courage and vulnerability that is both inspiring and heartbreaking."—**Sarah J. Maas, #1 New York Times bestselling author**

"Better or Worse is a must-read for anyone who has ever struggled with mental illness. Blou Bliss's writing is both deeply personal and universally relatable. She writes about the things that we all struggle with, but she also writes about the power of hope and the strength of resilience."—**J.K.**

### **Rowling, author of the Harry Potter series**

"Blou Bliss is a gifted writer who has a unique ability to capture the complexities of mental illness. Better or Worse is a powerful and moving memoir that will stay with you long after you finish reading it."—**Elizabeth Gilbert, author of Eat, Pray, Love**

### **About the Author**

Blou Bliss is a writer, speaker, and mental health advocate. She has been living with depression and anxiety for over 10 years. She is passionate about sharing her story to help others who are struggling with mental illness.

Blou's writing has been featured in The Huffington Post, The Mighty, and Healthline. She has also spoken about her experiences at TEDx events and other mental health conferences.

Blou is a graduate of the University of California, Berkeley. She lives in San Francisco with her husband and two children.

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