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# I Don't Want To Be Crazy



## Synopsis

A harrowing, remarkable poetry memoir about one girl's struggle with anxiety disorder. This is a true story of growing up, breaking down, and coming to grips with a psychological disorder. When Samantha Schutz first left home for college, she was excited by the possibilities -- freedom from parents, freedom from a boyfriend who was reckless with her affections, freedom from the person she was supposed to be. At first, she revelled in the independence ... but as pressures increased, she began to suffer anxiety attacks that would leave her mentally shaken and physically incapacitated. Thus began a hard road of discovery and coping, powerfully rendered in this poetry memoir.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (27 customer reviews)

Best Sellers Rank: #465,530 in Books (See Top 100 in Books) #41 in [Books > Teens > Personal Health > Depression & Mental Health](#) #66 in [Books > Teens > Literature & Fiction > Poetry](#) #81 in [Books > Teens > Social Issues > Being a Teen](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Reading this book is almost like reading somebody else's diary. Samantha Schutz is open and honest with the most intimate details of her life during a nightmarish four year period from the end of high school through college graduation. All the uncertainty of her life is here - leaving the familiarity of home for the first time, her relationships with guys, with her parents, with other girls, and with herself. And through it all a psychological disorder is slowly creeping into her life, undiagnosed at first, then openly destructive, and finally raging out of control. Samantha Schutz struggles between suicidal tendencies and efforts to beat the disorder. The therapy and drugs become a whole separate battlefield where she sometimes wins, often loses, and in some cases ends up worse off

than she was before. Reading the author's account of her journey is sometimes painful, and it was hard for me not to skip to the end to find out how her story ends. *I Don't Want to be Crazy* would be a compelling drama if it were fiction; the fact that it is a true account makes it all the more intense. The events in this book are written in the form of free verse poetry. Those three words normally send me running for cover, but Samantha Schutz chose this format for a reason. She conveys images and emotions with an intensity that the wordiness of prose cannot deliver. The words are few and carefully chosen, and their emotional impact is much greater because of it. This is free verse poetry written by a poet, and through it she accomplishes beautifully what she set out to do. According to the book's postscript, anxiety disorders affect more than one in ten children and adolescents in America.

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