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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.

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In 2014 Kelly's book *Black Rainbow: How Words Healed Me — My Journey Through Depression* was published in the UK and appeared on the Sunday Times bestseller list. The book details her experience with depression, including a hospitalization for suicide risk, and a multi-stage recovery.

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Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful ...

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