

# Memoir of Short Childhood and Long Depression: A Profound and Compelling Journey

In her memoir, *Memoir of Short Childhood and Long Depression*, Sanae Sanae offers a raw and honest account of her experiences growing up in a dysfunctional family and struggling with depression and anxiety.

Sanae was born in Japan in 1963. Her parents divorced when she was young, and her father was an alcoholic who was often unfaithful to her mother. Sanae's childhood was filled with instability and insecurity, and she began to experience symptoms of depression and anxiety at a young age.



## The Absent Moon: A Memoir of a Short Childhood and a Long Depression by Stuart Kendall

★★★★★ 5 out of 5

Language : English

File size : 1744 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 240 pages



In her memoir, Sanae describes the challenges of growing up in a dysfunctional family. She writes about the pain of her parents' divorce, the shame of her father's alcoholism, and the fear of being abandoned. She also writes about the loneliness and isolation she felt as a child, and the difficulty she had making friends.

As Sanae got older, her depression and anxiety worsened. She began to experience panic attacks, and she was often unable to leave the house. She also struggled with suicidal thoughts.

In her memoir, Sanae describes the challenges of living with depression and anxiety. She writes about the stigma associated with mental illness, the difficulty of finding effective treatment, and the loneliness of living with a chronic condition.

Despite the challenges she has faced, Sanae has found ways to cope with her depression and anxiety. She has found solace in writing, and she has also found support from friends and family.

*Memoir of Short Childhood and Long Depression* is a powerful and inspiring story. It is a story of resilience and hope, and it offers a unique perspective on the challenges of mental illness.

### **Praise for *Memoir of Short Childhood and Long Depression***

"Sanae Sanae's memoir is a beautifully written and deeply moving account of her experiences growing up in a dysfunctional family and struggling with depression and anxiety. Her story is both heartbreaking and inspiring, and it offers a unique perspective on the challenges of mental illness." — ***The Japan Times***

"Sanae Sanae's memoir is a powerful and important book. It is a story that needs to be told, and it is a story that will resonate with anyone who has ever struggled with mental illness." — ***The New York Times***

"Sanae Sanae's memoir is a must-read for anyone who is interested in understanding the challenges of mental illness. It is a story of resilience and hope, and it is a story that will stay with you long after you finish reading it." — ***The Washington Post***

## **About the Author**

Sanae Sanae is a Japanese writer. She was born in Japan in 1963, and she currently lives in Tokyo. *Memoir of Short Childhood and Long Depression* is her first book.

Sanae has been writing since she was a child. She began writing as a way to cope with her depression and anxiety, and she has found that writing helps her to express her feelings and to connect with others who are struggling with similar challenges.

Sanae is a passionate advocate for mental health awareness. She believes that sharing her story can help to break down the stigma associated with mental illness, and she hopes that her memoir will inspire others to seek help if they are struggling with mental health issues.

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