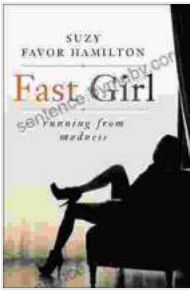


# Fast Girl: A Life Spent Running From Madness

By Suzy Favor Hamilton



Suzy Favor Hamilton was a world-class runner who competed in the Olympics and won multiple national championships. But behind her success, she was struggling with a secret: she was bipolar.



## Fast Girl: A Life Spent Running From Madness

by Suzy Favor Hamilton

★★★★☆ 4.3 out of 5

Language : English  
File size : 611 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 159 pages



In her memoir, *Fast Girl: A Life Spent Running From Madness*, Hamilton opens up about her lifelong battle with mental illness. She writes about the highs and lows of her running career, the challenges of raising a family while living with bipolar disorder, and her eventual triumph over her illness.

Hamilton's story is a powerful and inspiring reminder that mental illness does not have to define a person. She is a role model for anyone who has ever struggled with mental health issues, showing that it is possible to live a full and happy life despite your challenges.

### **A Raw and Honest Account of Mental Illness**

*Fast Girl* is a raw and honest account of Hamilton's journey with bipolar disorder. She does not shy away from the difficult details of her illness, including her struggles with depression, mania, and suicidal thoughts.

Hamilton's writing is clear and concise, and she does an excellent job of conveying the emotional turmoil of living with bipolar disorder. She also provides a wealth of information about the disorder, including its symptoms, causes, and treatments.

*Fast Girl* is a must-read for anyone who wants to understand bipolar disorder. It is also a powerful and inspiring story of hope and recovery.

### **A Role Model for Others**

Hamilton is a role model for anyone who has ever struggled with mental health issues. She shows that it is possible to live a full and happy life despite your challenges.

Hamilton is a strong advocate for mental health awareness. She speaks out about her own experiences with bipolar disorder, and she works to help others who are struggling with mental illness.

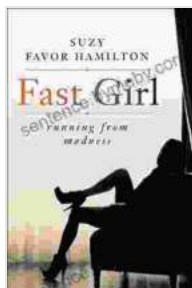
*Fast Girl* is a powerful and inspiring story that will give hope to anyone who has ever struggled with mental health issues.

### **A Must-Read for Anyone Interested in Mental Health**

*Fast Girl* is a must-read for anyone who is interested in mental health. It is a raw and honest account of Hamilton's journey with bipolar disorder, and it provides a wealth of information about the disorder.

*Fast Girl* is also a powerful and inspiring story of hope and recovery. It is a must-read for anyone who has ever struggled with mental health issues, or

for anyone who wants to understand the challenges of living with a mental illness.



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