



A Concrete Sky

Kristen Jex

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A Concrete Sky Kristen Jex

Kristen Jex thinks her life is normal. School, boys, moving every few years for her father's Air Force job. And yet, her growing depression will soon unhinge everything she knows and loves. She copes with her teenage turmoil by writing music and journals, and clinging to faraway friends who give her strength. In the process, she inadvertently documents the nuanced development of a highly misunderstood mental illness, Borderline Personality Disorder, in a way never before recorded. Heartfelt, hilarious, and musical, *A Concrete Sky* is simultaneously a coming-of-age story and a psychological puzzle. It's a fascinating tale about finding oneself while losing one's mind.

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