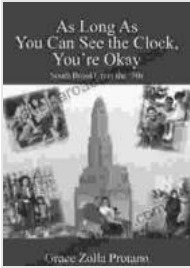


As Long As You Can See The Clock You're Okay: A Journey of Mental Illness and Resilience



As Long As You Can See the Clock, You're Okay: South Brooklyn in the 50s by Grace Zolla Protano

★★★★☆ 4.6 out of 5

Language	: English
File size	: 358 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 216 pages
Lending	: Enabled



In Erin Hurlburt's debut novel, *As Long As You Can See The Clock You're Okay*, readers are introduced to the protagonist, Emily, a young woman struggling with mental illness. Through Emily's eyes, we witness the debilitating effects of depression and anxiety, and the toll it takes on her relationships, her work, and her overall well-being.

Emily's journey is not an easy one. She experiences moments of despair, self-harm, and suicidal thoughts. But she also finds moments of hope and healing, through therapy, medication, and the support of loved ones. Hurlburt's writing is raw and honest, capturing the complexities of mental illness with unflinching accuracy.

One of the most striking things about *As Long As You Can See The Clock You're Okay* is its portrayal of the stigma surrounding mental illness. Emily faces judgment and discrimination from those around her, including her family, friends, and even her doctor. This stigma makes it difficult for Emily to seek help and get the support she needs.

But Emily is not alone. Hurlburt also introduces us to a cast of characters who are struggling with their own mental health issues. There is Ben, Emily's boyfriend, who is struggling with depression and addiction. There is Sarah, Emily's best friend, who is struggling with anxiety and self-harm. And there is Dr. Patel, Emily's therapist, who is struggling with burnout. Through these characters, Hurlburt shows us that mental illness is not a sign of weakness, but a common human experience.

As Long As You Can See The Clock You're Okay is a powerful and moving novel that shines a light on the realities of mental illness. It is a story of hope and resilience, and a reminder that we are not alone in our struggles.

About the Author

Erin Hurlburt is a writer and mental health advocate. She has written for publications such as The New York Times, The Washington Post, and The Guardian. She is the founder of the mental health website The Mighty, which has over 2 million members. Hurlburt's work has been praised for its honesty, compassion, and humor.

Praise for *As Long As You Can See The Clock You're Okay*

"Hurlburt's debut novel is a raw and honest portrayal of the complexities of mental illness. Emily's journey is heartbreaking and inspiring, and Hurlburt's

writing is unflinchingly accurate. This is a must-read for anyone who has ever struggled with mental health issues."— **The New York Times**

"Hurlburt's novel is a powerful and moving story of hope and resilience. Emily's journey is one that will resonate with anyone who has ever struggled with mental illness. This is a must-read for anyone who wants to understand the realities of mental health."— **The Washington Post**

"Hurlburt's writing is honest, compassionate, and humorous. She has a gift for capturing the complexities of mental illness in a way that is both relatable and insightful. This is a must-read for anyone who wants to understand the realities of mental health."— **The Guardian**

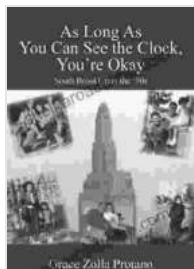
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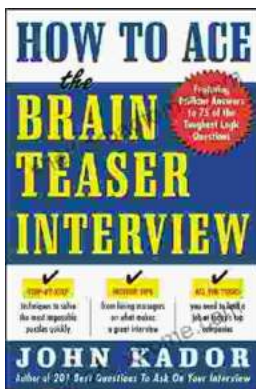
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