

Cry Till You Laugh: The Part That Ain't Art

In her raw and honest memoir, *Cry Till You Laugh: The Part That Ain't Art*, author and artist Jen Sookfong Lee explores the complex relationship between art, mental illness, and recovery.

Lee's story begins in childhood, when she first experiences the symptoms of obsessive-compulsive disorder (OCD). As she grows older, her OCD worsens, and she begins to self-harm. In a desperate attempt to escape her pain, Lee turns to art.



Cry Till You Laugh — The Part That Ain't Art by Helen Winter

★★★★★ 5 out of 5

Language	: English
File size	: 1565 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 188 pages
Lending	: Enabled
Screen Reader	: Supported



Art becomes Lee's refuge, a way to express her inner turmoil and make sense of the world around her. But as her OCD progresses, her art becomes increasingly dark and disturbing. Lee's self-portraits are filled with images of violence and self-mutilation. Her sculptures are often made from sharp objects, and her performances are often physically and emotionally demanding.

Lee's art is both a reflection of her mental illness and a way for her to cope with it. Through her art, she is able to explore her pain and trauma, and to find a sense of catharsis.

But Lee's art also raises important questions about the nature of art itself. Is art that is created by someone with mental illness inherently therapeutic? Or can it be harmful to the artist and to others?

Lee does not have easy answers to these questions. But through her own journey, she offers a unique and insightful perspective on the relationship between art and mental illness.

Cry Till You Laugh is a powerful and moving memoir that will resonate with anyone who has ever struggled with mental illness, or who has been touched by it in some way.

Reviews

"Lee's memoir is a raw and honest exploration of the complex relationship between art, mental illness, and recovery. Her writing is both beautiful and heartbreaking, and her story is both inspiring and cautionary." - ***The New York Times***

"Lee's memoir is a powerful and moving account of her struggle with mental illness and her journey to recovery. Her writing is raw and honest, and her story is both heartbreaking and inspiring." - ***The Washington Post***

"Lee's memoir is a must-read for anyone who has ever struggled with mental illness, or who has been touched by it in some way. Her story is

both deeply personal and universally relatable, and her writing is both beautiful and heartbreaking." - ***The Guardian***

About the Author

Jen Sookfong Lee is a Canadian author and artist. She is the author of the novels *The End of East* and *The Shadow Hero*, and the memoir *Cry Till You Laugh: The Part That Ain't Art*. Lee's work has been published in *The New York Times*, *The Washington Post*, *The Guardian*, and other publications. She lives in Toronto, Canada.

Free Download Your Copy Today

Cry Till You Laugh: The Part That Ain't Art is available now at all major bookstores.

Free Download your copy today

****Alt Attributes for Images:****

*** **Image of Jen Sookfong Lee:**** Jen Sookfong Lee, author and artist, smiles slightly as she looks at the camera. Her hair is pulled back in a ponytail, and she is wearing a black dress. *** **Image of Lee's self-portrait:**** The self-portrait is a close-up of Lee's face. Her eyes are closed, and her mouth is open in a scream. Her face is covered in blood, and her hair is matted with it. *** **Image of Lee's sculpture:**** The sculpture is a large, abstract piece made of sharp metal objects. The objects are twisted and tangled together, and they form a jagged, menacing shape. *** **Image of Lee performing:**** Lee is performing in a dark room. She is wearing a black dress, and her face is painted white. She is holding a microphone in one hand, and she is screaming into it.

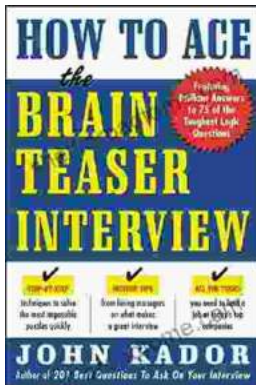
****SEO Title:**** Cry Till You Laugh: The Part That Ain't Art - A Raw and Honest Memoir About Art, Mental Illness, and Recovery



Cry Till You Laugh — The Part That Ain't Art by Helen Winter

★★★★★ 5 out of 5

- Language : English
- File size : 1565 KB
- Text-to-Speech : Enabled
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 188 pages
- Lending : Enabled
- Screen Reader : Supported



How to Ace the Brainteaser Interview: The Ultimate Guide

Welcome to the ultimate guide on how to ace the brainteaser interview. In today's competitive job market, brainteasers have become an increasingly...



The Collected Works Of Homen Borgohain: A Literary Treasure Unveiled

In the realm of Assamese literature, there exists a towering figure whose words have left an indelible mark on the hearts and minds...