



# **Blessed Are the Crazy: Breaking the Silence About Mental Illness, Family and Church (The Young Clergy Women Project)**

*Sarah Griffith Lund*

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When do you learn that "normal" doesn't include lots of yelling, lots of sleeping, lots of beating? In *Blessed Are the Crazy: Breaking the Silence about Mental Illness, Family and Church*, Sarah Griffith Lund looks back at her father's battle with bipolar disorder, and the helpless sense of *déjà vu* as her brother and cousin endure mental illness, as well. With a small group study guide and "Ten Steps for Developing a Mental Health Ministry in Your Congregation," *Blessed Are the Crazy* is more than memoir—it's a resource for churches and other faith-based groups to provide healing and comfort. Part of The Young Clergy Women Project.



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