

Sometimes I Feel Like a Fox

A Journey of Self-Discovery and Acceptance

By Jewel

From New York Times bestselling author and beloved singer-songwriter Jewel comes a deeply personal and inspiring memoir about her lifelong struggle with anxiety and depression, and how she found healing and hope through music, therapy, and the love of her family and friends.



Sometimes I Feel Like a Fox by Sujatha Lalgudi

★★★★☆ 4.8 out of 5

Language : English

File size : 19123 KB

Screen Reader : Supported

Print length : 40 pages

Lending : Enabled



In *Sometimes I Feel Like a Fox*, Jewel opens up about her childhood, marked by poverty and instability, and the ways in which those experiences shaped her mental health. She shares her struggles with depression, anxiety, and self-destructive behaviors, as well as the ways in which she found coping mechanisms through music and therapy.

Jewel's story is one of resilience and hope. It is a reminder that even in our darkest moments, we can find the strength to heal and to live a full and meaningful life.

Praise for Sometimes I Feel Like a Fox:

"Jewel's memoir is a powerful and inspiring story of overcoming adversity. Her honesty and vulnerability will resonate with anyone who has ever struggled with mental health issues." — Oprah Winfrey

"A beautifully written and deeply moving memoir. Jewel's journey of self-discovery and acceptance is a testament to the human spirit's ability to heal and thrive." — Elizabeth Gilbert

"Jewel's memoir is a gift to anyone who has ever felt alone in their struggles with mental health. Her story is a reminder that we are not alone, and that there is hope for healing and recovery." — Glennon Doyle

About Jewel:

Jewel is a New York Times bestselling author, singer-songwriter, actress, and philanthropist. She has sold over 30 million albums worldwide and has won numerous awards, including four Grammy Awards.

Jewel is also a passionate advocate for mental health awareness. She is the founder of the Jewel Foundation, which supports organizations that provide mental health services to children and families.

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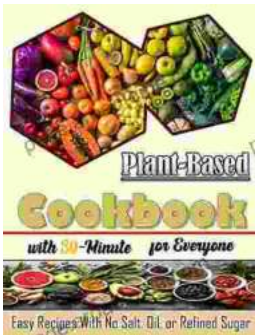
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