



It's OK Not To Be OK

Rebekkah Parsons

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Cat works hard to keep up the illusion that everything is OK. She is the anchor for her school's Morning News Show and has an active social life, but inside Cat is falling apart. In an attempt to balance her family situation, and the serious illness of her best friend, she finds herself pulling away from those who care about her...and turning to self-harm and substance abuse to dull the pain. Finding her way back to normal feels impossible unless she can accept that sometimes it is OK not to be OK.

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