



The Cow Jumped Over the Moon

Rachael Ann Malai

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Life for Rachael as she knew it was over. Saggy, baggy, depressed, rushing to hospital every five minutes with suspected heart attacks – it doesn't sound like a recipe for hilarity. But her personality shines through and she learns to laugh at herself and slowly fight her way back to a healthy - and happy - new life. Rachael hilarious and touching memoir of her nervous breakdown interweaves entries from the pages of her journal with humorous observations about mental illness and our attitude towards it. Recounting Rachael's journey to health, it sparkles with wit through every story, whether she was freaking out at Christmas, being cured of 'possession' by a Bornean medicine man or running away from a waiting plane. Suitable for sufferers, carers or simply sympathetic souls wanting to learn more, *The Cow Jumped Over the Moon* is a compelling tale of suffering and healing. Read by a clinical psychologist to ensure it is helpful to those currently suffering from anxiety or depression, it offers insight into how, with resilience and tenacity, we can all rediscover the light at the end of the tunnel, and perhaps laugh along the way.

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