

Craniotomy

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Craniotomy

A peek inside the ill of soul



Remus Cristian Murari

Preface

Mental health is, unfortunately, still a pretty stigmatized subject. Not necessarily due to evil intents, but rather out of ignorance. Everyone is so stuck in their little bubble that, unless you've dwelled on similar depths of existence, it is almost impossible to empathize with the sufferer.

Besides harsh treatment and lack of understanding, another common mistake is exaggerate pity for the mentally ill. Some consider a depressed individual as weak of soul or one predisposed to anxiety and panic attacks to be childish or a coward.

Of course, such opinions are highly idiotic, but they are also widely shared beliefs.

That is partly why I have tried to put in writing the flavor of mental anguish that I have been served. I attempted to explain it in the most comprehensive way I could, hoping fellow sufferers will feel the comfort of being understood, and so that healthier individuals better appreciate the difficulties that such illnesses bring. I also tried to present this in a balanced way so I could break the stereotypical "Fragile" label that is unjustly placed on these immensely strong, resilient, and brave people.

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