

Advance Praise for SHADOWS IN THE SUN



“Gayathri Ramprasad writes eloquently about depression, and about the process of building a meaningful life in the face of mental illness.”

—Andrew Solomon, award-winning author of *The Noonday Demon*

“This is an inspiring and heartwarming story. For millions of people suffering from mental illnesses, this is a vivid illustration that there is light at the end of the tunnel. What makes this book unique is its cross-cultural context of the life of an immigrant. Gayathri migrated not only from India to the U.S., but also into and out of a serious mental illness. Everyone who struggles with a mental illness, or who knows anyone with depression, anxiety, or any other mental illness, must read this engrossing true story of courage in the face of heartbreaking adversity.”

—Dilip V. Jeste, M.D., distinguished professor of psychiatry and neurosciences, University of California–San Diego, and President, American Psychiatric Association

“Weaving together colorful threads from two different cultures in rich, beautiful prose, Gayathri pens a memoir about an anguishing mental illness that ends in redemption and grace. Hers is a powerful story of hope, resilience, and recovery.”

—Therese Borchard, author of *Beyond Blue: Surviving Depression & Anxiety and Making the Most of Bad Genes*

“**SHADOWS IN THE SUN** opens a world never before described in memoir form—that of a woman raised in India and forced to face her mental illness in America without traditional family support or understanding. . . . Gayathri’s colorful, harrowing, and ultimately uplifting life story transcends memoir and becomes history.”

—Julie A. Fast, author, columnist, and winner of a Mental Health America media award

“I just finished your memoir and couldn’t put it down! What an amazing piece of personal literature as well as a fascinating, well written story that needs to be told for so many reasons! This ought to be assigned reading in every high school health class and every University!”

—Gina Nikkel, PhD, President and CEO, Foundation for Excellence in Mental Health Care

“Gayathri Ramprasad pulls back the veil of stigma surrounding her life as an Indian woman to invite us into her very personal struggle with a life-threatening illness. This is a beautifully written tale, exotic yet terrifyingly familiar. *Shadows in the Sun* reminds us how closely we are interconnected and how we all have a stake in the mental wellness of everyone on our planet.”

—Cinda Johnson, Ed.D. Professor, Seattle University, author, with her daughter Linea Johnson, *Perfect Chaos: A daughter’s journey to survive bipolar, A mother’s struggle to save her*





“**SHADOWS IN THE SUN** is a deeply informative and terrifyingly real portrait of depression, and a tremendously inspiring account of recovery. Gayathri’s story of self-transformation is a marvel and inspiration for all of us – those who suffer, those who serve – that even at the darkest moments, hope, recovery and peace are possible. The experience of hearing this story from Gayathri herself, with her radiant energy, passion and love, is a treasure.”

—Christopher Gordon, MD Senior Vice President, Clinical Services, Medical Director, Advocates, Inc, Associate Clinical Professor of Psychiatry, Harvard Medical School

“A deeply moving travelogue of two remarkable journeys: from India to America, and from the depths of mental illness to the forefront of wellness advocacy. With courage and candor, Gayathri recounts the evolution of her inner compass, and how she used it to move past one obstacle after another along her way. This book is a testament to the power of perseverance, and a must-read for anyone looking for living proof that all things are possible.”

—Jeff Bell, author, “Rewind, Replay, Repeat: A Memoir of OCD”, Founder, The adversity 2 advocacy alliance

“As beautiful, passionate and colorful as India, **SHADOWS IN THE SUN** fights the stigma and cultural misunderstanding of mental illness on a global scale. A must read, even if mental illness has not touched your family.”

—Jessie Close, BringChange2Mind

“The international reach of Gayathri Ramprasad’s courageous message is due to her inner light and brilliance that beams on the global public health crisis of mental illness. **SHADOWS IN THE SUN** illuminates us all with fierce truth and beauty, and inspires us to our core.”

—Janine Francolini, founder, The Flawless Foundation

“**SHADOWS IN THE SUN** is a gripping memoir of Gayathri Ramprasad’s childhood in Bangalore and life in America. She generously takes the readers on her journey from love and security to distress and despair, and finally to hope, recovery and advocacy. Her unflinching honesty is a powerful weapon against the experience of depression which so often eludes language and is shrouded in silence. Gayathri spares nothing in her rich, eloquent descriptions; her prose transports readers from the rich smells of jasmine, turmeric and vermilion to the brutal depths of anxiety and depression. She has given us all a gift by sharing her deepest pain and brightest joys.”

—Clare Miller Director, Partnership for Workplace Mental Health, American Psychiatric Foundation

“Mental illness recognizes no borders, yet few books have explored the difficulties of individuals dealing with cultural differences and none has done it better than **SHADOWS IN THE SUN**. Beautifully written, Gayathri Ramprasad chronicles the devastating impact that depression reeks on an entire family and then brings us into the light with her inspiring story of recovery. This book is a true gift to all those struggling with a mental disorder and those of us who love them. In writing it, Gayathri Ramprasad establishes herself as an international voice of hope.”

—Pete Earley, author of *CRAZY: A Father’s Search Through America’s Mental Health Madness*

