

READ BY THE AUTHOR

"Kati Morton has a unique ability to tackle topics that carry stigma or feel confusing, in a way that has helped thousands engage in necessary conversations around mental health."

HANNAH HART,

NEW YORK TIMES bestselling author of MY DRUNK KITCHEN and BUFFERING

GET ANSWERS TO YOUR MOST COMMON QUESTIONS ABOUT MENTAL HEALTH AND MENTAL ILLNESS—INCLUDING ANXIETY, DEPRESSION, BIPOLAR AND EATING DISORDERS, AND MORE.

ARE U OK? WALKS LISTENERS THROUGH THE MOST COMMON QUESTIONS ABOUT MENTAL HEALTH AND THE PROCESS OF GETTING HELP—FROM FINDING THE BEST THERAPIST TO NAVIGATING HARMFUL AND TOXIC RELATIONSHIPS AND EVERYTHING IN BETWEEN. IN THE SAME DOWN-TO-EARTH, FRIENDLY TONE THAT MAKES HER VIDEOS SO POPULAR, LICENSED MARRIAGE AND FAMILY THERAPIST AND YOUTUBE SENSATION KATI MORTON CLARIFIES AND DESTIGMATIZES THE STRUGGLES SO MANY OF US GO THROUGH AND ENCOURAGES READERS TO REACH OUT FOR HELP.

kati morton, LMFT

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Running Time: Approx. 6 Hours • Unabridged

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38453
ISBN 978-1-5491-7795-8



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