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Everyone But Myself: A Memoir

By: Julie Chavez

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A USA TODAY BestsellerA Washington Post Noteworthy Book A Moms Choice Awards Winner Funny, honest, and inspiring for readers feeling overwhelmed by life, Everyone But Myself is like a best friends story of how she returned to solid ground while embracing chaos along the way. For Julie, an elementary school librarian and mother of two boys, there was no time for debilitating anxiety. Yet the terrifying aftershocks of her first panic attack left her grappling with questions about the causes of her mental health crisis and where it would lead next. What follows is a hopeful, honest account of love and loss, a husband who cant read minds, disastrous family outings, and finding a path (with help from loved ones and a few key new friends) to the joy of a well-lived life. Sure to resonate with mothers spread thin by the demands of modern family life, Everyone But Myself offers an intimate portrait of how one woman found her way back to herself.

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