

Book Title: My Mother's Keeper: A Daughter's Memoir of Growing Up in the Shadows of Schizophrenia

Author: T.E. Holley and J. Holley

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My Mother's Keeper takes readers on a captivating journey through years of a mother suffering from schizophrenia and a daughter coming to terms with her mother's condition. Tara's mother, Dawn, began fading into the depths of schizophrenia in her early 20s when Tara was still an infant. Throughout her memoir, Tara vividly details the overwhelming task of caring for the woman she calls her mother but has never truly known.

Holley and Holley intertwine medical information about schizophrenia with personal accounts of how Dawn's illness affected Tara's life. Even though devastating events in Tara and Dawn's lives are revealed in the memoir, it is inspirational and a testament to the unconditional love between a mother and daughter. *My Mother's Keeper* takes the reader on an outstanding journey of a daughter travels through her life as she attempts to save her mother. It is evident that such an illness as schizophrenia can make or break a family. Family and friends of the person diagnosed with schizophrenia feel guilt, anguish, shame, and are burdened by what the disease has done to their loved one.

I thought this memoir offered great insight into how individuals learn to cope with the illness, as well as how this illness can profoundly affect a family. It allows readers to see beyond the illness and recognize that Dawn is a person with feelings who is struggling mightily to overcome her illness. The distress Tara and her relatives experienced due to Dawn's illness is heart wrenching. I recommend this book to any individual who would like to learn more about schizophrenia from a personal rather than a medical perspective.