

Mental Health Monday– “Aha’s” from the mental hospital

You will understand the truth and the truth will make you free. (John 8:31)



Glennon Melton

An “Aha!” happens when something is suddenly seen, found, or understood. God’s “Aha’s” are often found in strange places and circumstances. On the first Christmas the shepherds found God’s greatest “Aha” in an animal feeding trough. Most likely a mental hospital is the last place one would look to learn evaluable “*life lessons.*” Nonetheless, that is the discovery Glennon Melton made.

She is the author of the New York Times Bestseller, *CARRY ON, WARRIOR*. Glennon believes that life is equal parts beautiful and brutal, and writes about the “**brutiful**” she finds in marriage, motherhood, faith, addiction and recovery. Glennon unleashes her wit, courage and irreverence to call us to accept ourselves exactly as we are today, but also incidentally inspires us to live bolder, more meaningful lives for others. *CARRY ON, WARRIOR* and Glennon’s philanthropic work have been featured on The TODAY Show, The Talk, Ladies’ Home Journal, Parents Magazine, and American Baby, among other television and print outlets.

Here's what she has to say: