

My father paid me to weed, a penny a piece. I hated the job. No matter how carefully I pulled, my roots snapped, parts stuck in the ground. "You have to get the whole root," Dad told me. "Otherwise the weed grows back."



Struck by Living

From Depression to Hope

Julie K. Hersh

S T R U C K B Y L I V I N G

JULIE K. HERSH



Author Julie K. Hersh

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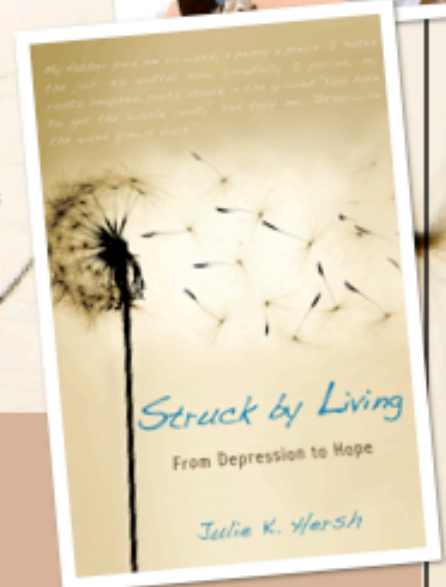
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Awarded the Mental Health America Ruth Altschuler Community Advocate Prism Award and selected as one of the 2010 Distinguished Women by Northwood University, Julie Hersh is an outspoken advocate for mental health.

Julie speaks about the "Top Six" things she does to stay well, and encourages us all to develop our own wellness plan. Able to engage both medical and non-medical audiences, Julie has been featured as a keynote at ISEN (International Society of ECT a Neurostimulation), The Southeastern Psychological Association, and spoke at the American Association of Suicidology. Her *Struck by Living* blog appears on the Psychology Today website and she has been featured on the Menninger Clinic "Say No to Stigma" blog.

After earning her BBA at the University of Notre Dame, Hersh worked in high-tech product development and marketing/sales. A long-time member of the Cooper Aerobics Center, Hersh ran her second marathon at age 50. Julie is a board member of Southwestern Medical Foundation and active supporter of Mental Health America, CONTACT and other non-profit organizations. She lives with her husband and two children in Dallas.



In less than a year since release, *Struck by Living* went to second printing, touching the lives of thousands of people. Hersh's informed yet approachable style allows her to reach audiences that range from high schoolers, parents, social groups, counselors to psychiatrists. Julie has spoken to student groups and mental health

professionals at a number of major universities. In addition to positive press on Fox and Friends, PBS, appeared on Dr. Oz and in the Dallas media. Hersh testified on behalf of electroconvulsive therapy (ECT) to the FDA. **Profits earned through the sale of *Struck by Living* will be donated to programs and research to promote mental health.**