



# It Ain't Easy Being Me

*Helen Jefferson-Howard*

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## **It Ain't Easy Being Me** Helen Jefferson-Howard

Adam made this statement, "It ain't easy being me," one day when he was in a state of depression. From a baby, Adam had difficulty sleeping, and he cried constantly. Taking Adam back and forth to the doctor seemed to be a waste of time. Trying different diets, putting him on, and taking him off, medication, and attempting to find a remedy that worked always seemed to be an on-going problem.

As you read this true story, you will see how Adam fought depression without the use of medication, and how many bad decision were made because of his refusal to be treated medically. Not being able to fit in plagued him more than anything in the world.

The private war going on inside of Adam nearly destroyed his life. Being able to triumph over these obstacles is why Adam can tell his story without feeling ashamed. God and family were always there for him. Telling Adam's story from a mother's point of view is very difficult. It is hard to be unbiased when discussing Adam. This book is a narrative biography of Adam's account.

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