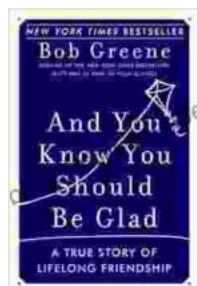


# And You Know You Should Be Glad: A Journey of Identity, Loss, and Healing



## And You Know You Should Be Glad: A True Story of Lifelong Friendship by Bob Greene

★★★★☆ 4.4 out of 5

Language : English  
File size : 679 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 336 pages



Mona Awad's memoir, *And You Know You Should Be Glad*, is a powerful and moving exploration of identity, loss, and healing. Through the lens of her own experiences, Awad deftly weaves together personal narrative, cultural history, and social commentary to create a work that is both deeply personal and universally resonant.

Awad was born in Lebanon in 1970, and her early childhood was marked by the Lebanese Civil War. Her family eventually immigrated to the United States, but Awad struggled to find a sense of belonging in her new home. She felt alienated from both her American peers and her Lebanese heritage, and she developed a sense of shame about her Arab identity.

As a young woman, Awad was diagnosed with bipolar disorder. This diagnosis was a turning point in her life, and it forced her to confront her

own mental health and the stigma surrounding it. Through therapy and medication, Awad began to manage her symptoms and rebuild her life.

In *And You Know You Should Be Glad*, Awad writes about her experiences with mental illness with candor and vulnerability. She explores the ways in which bipolar disorder has shaped her life, and she challenges the stereotypes and misconceptions that often surround mental illness.

Awad also writes about the loss of her father, who died when she was just 16 years old. Her father's death was a profound loss for Awad, and it forced her to confront her own mortality and the fragility of life.

*And You Know You Should Be Glad* is a moving and powerful memoir about the complexities of identity, loss, and healing. Awad's writing is lyrical and evocative, and she deftly weaves together personal narrative, cultural history, and social commentary to create a work that is both deeply personal and universally resonant.

## Themes

*And You Know You Should Be Glad* explores a number of important themes, including:

- **Identity:** Awad explores the complexities of identity, both personal and cultural. She writes about the challenges of growing up as an Arab-American in the United States, and she examines the ways in which her own identity has been shaped by her experiences with mental illness and loss.
- **Loss:** Awad writes about the loss of her father, and she explores the ways in which grief can shape our lives. She also writes about the loss

of her own sense of self, and she examines the ways in which we can rebuild our lives after loss.

- **Healing:** Awad writes about the process of healing from mental illness and loss. She explores the ways in which therapy, medication, and other forms of support can help us to manage our symptoms and rebuild our lives.

## Critical Reception

*And You Know You Should Be Glad* has received critical acclaim for its lyrical prose, its honest and unflinching exploration of difficult topics, and its ability to resonate with readers of all backgrounds. The book was named a Best Book of the Year by NPR, The New York Times, and The Washington Post.

## Awards

*And You Know You Should Be Glad* has won numerous awards, including:

- The National Book Critics Circle Award for Autobiography
- The Whiting Award for Nonfiction
- The PEN/Diamonstein-Spielvogel Award for the Art of the Essay

## Legacy

*And You Know You Should Be Glad* is a powerful and moving memoir that has had a profound impact on readers around the world. The book has been praised for its honesty, its insights into mental illness and loss, and its ability to inspire hope and healing.

## Image Gallery

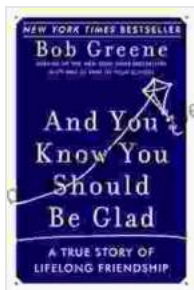


Bob Greene

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A True Story of  
Lifelong Friendship

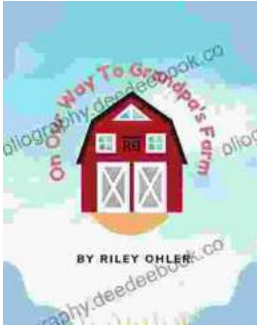


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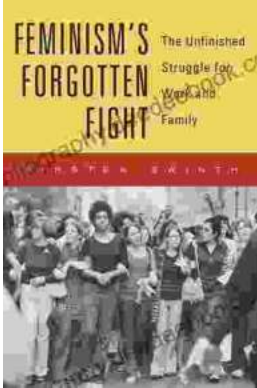
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