

Athena is an animal-loving, special education assistant by day and Buddhist, witch, yogi, poet by night. She enjoys her home in York, Pennsylvania and spending time in nature. Having a passion for mental health awareness and poetry, she decided to combine the two into a book of her own. This book follows Athena on her mental stability rollercoaster that is ridden on during struggles with grief as well as living with anxiety and Trichotillomania. *The Itch, the Ache, the Agony* takes the reader through the mind of someone who gets swept up in the reality of pain and loss until, what feels like, the point of no return. Follow the journey from beginning to end with its poetic twist making you think just a little bit harder.

## *the Itch, the Ache, the Agony*



*By Athena Swords*