



*Jana Frey*

## **I Can't Feel Myself – Elina's Life with Borderline Personality Disorder**

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### **Story**

#### **BORDERLINE – A FEELING OF EMPTINESS**

Elina is a gifted singer. To achieve her dream of becoming a professional musical singer, she takes part in a TV show and immediately gets to the next round. But though she is successful in the show and even falls in love with a good looking young judge, she feels increasingly empty and numb inside. She tries to escape these feelings and find something, anything, that can make her feel again – even if it is pain. Elina starts to hurt herself, and it's almost too late when she realises where this will lead her.

Lots of young people know about this empty feeling. Symptoms of borderline personality disorder can occur during puberty and are expressed, for instance, by self-harming. Jana Frey's tells us a realistic and empathetic story of a gifted young woman who is almost destroyed by this illness – and how she learns, with the help of her friends and family, to get her life back again.

- More than 100,000 copies sold of works by this author
- A sensitive and true-to-life story as usual by Jana Frey

## Jana Frey

Jana Frey was born in 1969. She started writing when she was only five years old. After studying literature, history and arts she founded a family. Jana Frey has published numerous books for children and young adults and has been awarded several times. Many of her books have been translated into various languages. Her literary range covers picture books and novels for early readers as well as novels for YA-readers. Jana Frey succeeds in combining true background stories with fictitious elements - her nomination for the "German Adolescents Literature Award" (Deutscher Jugendliteraturpreis) with her title "Downward Flight" ("Höhenflug abwärts") bears evidence of her talent. In spring 2006 her well-researched and captivatingly written historic novel "Prügelknabe" attracted the critic's attention. Jana Frey lives in Wiesbaden with her family.

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