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Books by Rachel Kelly, Keynote Speaker, Author and Mental Health Campaigner whose bestselling books include Singing in the Rain, The Happy Kitchen, Walking On Sunshine and Black Rainbow.

Books — Rachel Kelly

Rachel Kelly was a journalist for many years, and spent 10 years at the Times, where she was variously a reporter, feature writer, and columnist, writing the paper's "Alternatively Speaking" health column. Her interest in health and therapy led to her completing the first year of training as a counselor. Her long-standing passion for poetry led to her becoming the cofounder of the iF poetry app

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Black Rainbow : Rachel Kelly : 9781444789997

(PDF) Black Rainbow: How Words Healed Me - My Journey

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Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry.. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and ...

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In Black Rainbow Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery.

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