

**I HAVE SOMETHING TO SAY!: AN
EXPLORATION INTO THE HEART AND
MIND OF MY SELECTIVE MUTISM BY MS
KATHRYN HARPER**



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Kathryn Harper suffered from selective mutism as a child when very little was known about this frequently misunderstood condition. In her teens and early adult years she developed further complications as a result of her untreated anxiety. Today, it is important to Kathryn to share her perspective, which she has been able to develop using the benefit of hindsight, and a willingness to explore her past. She hopes that this book will provide insights and a greater understanding for people whose lives are affected in some way by selective mutism. "I have wanted to write this book since 1985. As a six year old girl I had no idea that selective mutism even existed, but my silence was palpable and inside of it I was developing all kinds of conversations, explanations, questions, and insights ..."

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1 of 1 people found the following review helpful.

Incredible Book for Those with Selective Mutism or Curious About It

By Haley Keller

I'm just going to start off by saying that I highly recommend this book to anyone who suffers from selective mutism or knows someone who does. It's something that you hear few personal stories on, and I think personal stories are such a key part of people who suffer from these sorts of conditions actually being able to come to terms with themselves. For that reason alone, this book is very valuable. Harper both writes about her own experiences and offers advice for others, and both parts of the book are excellent.

Personally, I don't suffer from selective mutism, and I don't know anyone who does either. But I do have social anxiety, and I found myself relating to quite a few of Harper's stories through that. They're not the same thing, but it definitely gave me an empathy that wouldn't have been there otherwise. I can't even begin to tell you how many times I was in situations strikingly similar to those that Harper describes. I really think the book would have been helpful to me too when I was younger and before I really got that social anxiety was the root of what I was experiencing. Like Harper with selective mutism, I never heard the term social anxiety until I was older, so I fully understand why it is so important to her to get out word about selective mutism.

Talking about these conditions is so beneficial for people, especially children, who suffer from them. I think Harper has managed to achieve her goal of writing a book that can be hugely important to those people with

selective mutism.

I received this book for free from Storycartel in exchange for an honest review.

1 of 1 people found the following review helpful.

A Priceless Insight of Wisdom, Couldn't put it down!

By Toni Pakula

A Powerful, Inspiring Book on a Condition relatively unknown about, that has been written by an Ex-Sufferer. This book is a great read, and a real insight into Selective Mutism, feelings and emotions. Its a "real" book, not a clinical therapists book, that are most often filled with assumptions, theories and complexed, conflicting babble.

If you have a child who has SM; or you yourself have indeed suffered from SM, or perhaps you know of someone who has suffered or is suffering from SM than this book is a must read. My daughter suffers from SM, and reading Kathryn's experience with this condition has opened my eyes further, it has confirmed a lot of my suspicions and strengthened my instincts on how to help my little girl. When you have a child who cannot easily express what is going on, to be able to gain this invaluable insight from someone who has "been there" and who has "come out" the other side stronger, not only gives hope but a whole heap of wisdom. "something the professionals, who haven't been there, and have only done clinical papers on can't give." Read it and find out yourself ! You won't be disappointed, only inspired. A great read even for those who haven't been touched by SM. Its a book of courage, wisdom, strength, love and trust.

Cant wait for Kathryn's next book.....;) !

1 of 1 people found the following review helpful.

Brilliant read!!!

By Rachael

I was so excited when I heard about this book, and I was not disappointed!

I loved how it was written by someone who had/has suffered from Selective Mutism herself. I have a daughter, aged 7, who suffers from it and have done a lot of reading since she was diagnosed and nothing has given me a better insight than reading this book.

It also gave me hope, hope that one day she will come out the other side as to what Kathryn has done.

It is a must read for those who know of someone who suffers from Selective Mutism, or someone who suffers themselves to know they are not alone.

I can't thank you enough for putting pen to paper and to share your story.

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