



I Have Something to Say!: An exploration into the heart and mind of my Selective Mutism

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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