

"F*#! LOW DAYS"

AND OTHER SENTIMENTS



One woman's stand against depression became a movement supported by 3 authors, 2 photographers, and dozens of contributors who all believe it is time to uncover what life beyond depression, anxiety and suicidal thoughts can look like.



#FLDAOS

"F#@! Low Days!" and Other Sentiments is a bright, upbeat photo book featuring original photography of unedited women who have taken a stand against low days in the most bold way possible: with their middle fingers. These flipping birds squawk loud against bright colors, power stances, quotes, poetry, letters, and stories all from women who have been in and out of poor mental health states. Readers of all ages often get a happy feeling holding this women-powered book they all agree is necessary for this day and time.

L I T E R A T U R E

For more info, email info@queenexlit.com or call 213-984-6213
www.queenexlit.com/fldaos

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