

# A Raw and Courageous Memoir of Mental Illness, Limerence, and Faith

Donella Dornwell McLean Shares a Story of Survival in *These Things I Cannot Change*.

# THESE THINGS I CANNOT CHANGE

BY DONELLA DORNWELL MCLEAN

"FOR I KNOW THE PLANS I HAVE FOR YOU," DECLARES THE LORD,  
"PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE."  
JEREMIAH 29:11

**Austin, Texas Jan 21, 2026 (IssueWire.com)** - *These Things I Cannot Change*, a memoir by Donella Dornwell McLean, is an unflinching and deeply personal exploration of mental illness, unrequited love, and the long road toward spiritual and emotional healing. Written with vulnerability and lyrical honesty, the book invites readers into the inner world of a woman navigating obsession, trauma, faith, and recovery. It is not a story of perfection, but of persistence—a testament to what it means to endure when the mind itself becomes both battlefield and refuge.

Through her powerful voice, McLean documents the complexities of limerence, psychological fragility, and the struggle to reconcile love, self-worth, and belief in God. Her memoir stands as a rare and courageous contribution to mental health literature, offering a narrative that is both intensely intimate and universally resonant.

### **A Story Told with Uncompromising Honesty**

From the opening pages, *These Things I Cannot Change* establishes itself as a memoir rooted in truth rather than comfort. McLean does not soften her experiences or sanitize her emotions. Instead, she allows readers to witness the raw realities of obsession, despair, and vulnerability that shaped her life. The prose moves with a poetic cadence, blending reflection with confession, and memory with meaning.

This is not merely a recollection of events, but a portrait of a mind in crisis and transformation. McLean's articulation is both precise and tender, revealing how love can become entangled with illness, and how longing can evolve into both a source of pain and a catalyst for growth. Each chapter unfolds as an emotional reckoning, offering insight into how fragile hope can coexist with overwhelming darkness.

### **Where Limerence, Mental Health, and Faith Intersect**

At the heart of the memoir lies the concept of limerence—an intense, consuming emotional fixation that becomes inseparable from the author's mental health struggles. McLean explores how this fixation shaped her identity, choices, and sense of self, and how it intersected with conditions such as depression, anxiety, and psychosis.

Yet the memoir does not remain in despair. Faith gradually emerges as a turning point, not as an easy solution, but as a quiet and powerful transformation. McLean's relationship with God becomes a grounding force, offering clarity where chaos once reigned. Her journey reflects the fragile balance between surrender and strength, showing how healing often begins in the smallest acts of self-recognition and belief.

### **A Necessary Voice in Mental Health Literature**

*These Things I Cannot Change* fills an essential space in contemporary memoir. It speaks for those whose suffering is internal, invisible, and often misunderstood. McLean's story challenges stigma by revealing the humanity behind mental illness and by emphasizing empathy over judgment.

The memoir serves as both a mirror and a lifeline—readers who have faced psychological struggle will recognize themselves in her words, while others will gain insight into the profound emotional realities

endured by those living with mental health conditions. It is a reminder that recovery is not linear and that survival itself is a triumph.

## About the Author

Donella Dornwell McLean is a poet and memoirist whose work centers on vulnerability, faith, and the emotional complexities of the human experience. Her writing reflects a lifelong engagement with mental health awareness, spirituality, and self-exploration. In addition to *These Things I Cannot Change*, she is the author of several poetry collections, including *Answer to My Ellipsis, I've Come Unstirred, Contentions with Joy, Perspirations on Paper, and With Respect to Wings*.

McLean's literary voice is shaped by courage and authenticity. She writes not to impress, but to illuminate—to give language to what is often left unspoken and to offer solidarity to those who walk similar paths.

## Availability & Contact

*These Things I Cannot Change* is now available in digital and print formats via major digital platforms, including Amazon.

For purchase, review, media inquiry, and contact. Please visit the following channels:

[Facebook](#)

[Amazon](#)

## Media Contact

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