

Love Is a Mental Illness

by Franco Cardello



Poetry - Love/Romance

109 Pages

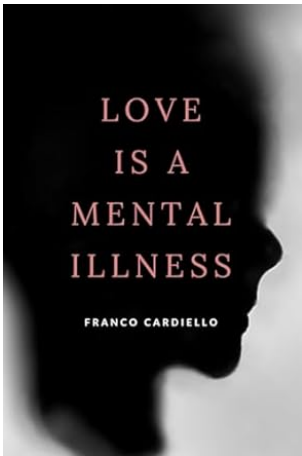
Reviewed on 05/16/2022

Book Review

Reviewed by Diana Lopez for Readers' Favorite

At first, when we meet another person, there are many illusions and expectations. If a romantic relationship is not honest, meeting the other person can result in disappointment. Love is not only about pleasant things, but it is also about sharing and both good times and bad. You must know when a relationship has a chance to grow or if it's a toxic relationship. Don't be afraid to open your heart to the right person. Show yourself who you are to avoid false expectations or misunderstandings. Love Is a Mental Illness explains a lot about it. Franco Cardello uses poetry as a means of liberation. His words are direct, describing romantic conflicts without embellishments or censorship so that we can learn from them. Each chapter is a different section to reflect on different aspects of a relationship.

Love Is a Mental Illness is a very informative collection. It's made to help readers recognize the signs of a toxic relationship. To learn from experience and reflect on oneself. Franco Cardello sets aside the superficial aspect and goes straight to the important things. I liked this collection of poems because it is a way to find comfort and mend a broken heart. Love is not bad. You can start a loving relationship, but with one goal; that both people have personal development. You must create experiences that both can enjoy. Love Is a Mental Illness is about overcoming obstacles because you cannot erase the past, but you can learn from it. The struggle of feelings between loving and not loving a person can be confusing; it is best to talk about it and free ourselves from negative emotions.



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Author Biography



Franco Cardello is a novelist and poet from New York. He's also a licensed counselor advocating for teenagers. His poetry has been published in multiple literary journals and anthologies. He primarily discusses psychology, family, trauma, and healing. He hopes his readers find solace in his words.