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## It'll Be OK, I Promise

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Author: Thomas Goldberg

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Mental health turns 25: sensitive confessions from someone who's not just your average TikTok user. An inspiration for doing better!

This is the story of the bad guy from *War of the Buttons*—rather, the guy who plays him. The story of a teenager tossed into the madness of moviemaking, who for a decade fought to make a place for himself in that jungle. It cost him his innocence and gave him depression for three years. Afterwards, he rebuilt himself online, through social networks, trying to keep his subscribers from being caught up in the same hurtful pattern. Nowadays, he's into music, knows his words can heal some wounds, and has decided to put them in songs.  
That dude? Is me.

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