

Introduction

I'm not afraid to tell my story.

This is a collection of short essays on everyday life and situations as seen through the eyes of a Manic-Depressive. It is no longer considered a mental illness but as a chemical imbalance. But needless to say, you will never overcome the disorder and learn such as I did that it just might have its advantages. For I see things a little different than you, none of us are perfect.

They neglect stories like mine: the success stories. Instead they focus on how mental health problems are on the rise. I call it a temporary road block.

My story might make it sound easy to overcome the challenges of this illness, but it takes a lot of hard work, determination and to some extent even luck. While I'm a testament that you can get better, you can't get better without help, professional help and help from your friends. Yes I have been judged for being bipolar but I have nothing to be ashamed of.

You might think that somebody who speaks about being bipolar and the affects it can have on you, I refuse to become just another statistic. However, I don't know these statistics because I have not let myself become one.

I have turned my disorder into an advantage with writing down my thoughts as I see the everyday world. Completing two books now, one at a major publishing house, I am proof that "we" can also succeed.