



Sunshine
and
Shadow

My Battle with Bipolar Disorder

Mahala Busselle Bishop

Sunshine And Shadow My Battle With Bipolar Disorder

Aurelia Roybal

Sunshine And Shadow My Battle With Bipolar Disorder:

Sunshine and Shadow Mahala Busselle Bishop,2009-04-20 After graduation from Harvard Mahala Bishop spent years in Washington working as a political assistant to Robert Kennedy and George McGovern Following this heady life she became a potter a mediator and teacher of English as a foreign language She lives on Cape Cod and Maine Mahala became a victim of bipolar disorder in her fifties and uses her life experience her writing ability and multitudes of notes from manic episodes to create this informational book My intent here is to present the inside view of both sides of bipolar disorder and then the outside view of how my mania intruded on the lives of so many others My goal is to educate and inform readers about the nature of this mean unfair illness And I hope in the end readers will realize that every kindness every caring and understanding gesture will alleviate our shame and help us deal with our reality

Sunshine and Shadow Mahala Busselle Bishop,2009-04 Mahala became a victim of bipolar disorder in her fifties and uses her life experience her writing ability and multitudes of notes from manic episodes to create this informational book Page 4 of cover *Remapping an Ableist World* Vera Chouinard,2025-02-28 Remapping an Ableist World examines the forces shaping our lives in an able capitalist world It draws on examples including human enhancement and the organ trade to illustrate connections between able capitalist ways of life impairment disability and oppression The book addresses ableness as a regime of power and oppression intrinsic to global capitalism and as such a system that touches all of our lives albeit in different ways Vera Chouinard offers an intersectional analysis of the production of impairment and disability drawing on autoethnographic and autobiographical methodologies case studies of disability in the Global South and North and comparative accounts of processes such as the uneven development of disability law Inviting readers to rethink the causes and consequences of the ableist capitalist order in which we find ourselves Remapping an Ableist World reminds us that for our own well being and that of generations to come we must forge a less destructive and more nurturing way of life

School Library Journal ,2001 The Times Index ,2008 Indexes the Times and its supplements

Caught Between Sunshine and Shadow ,2010 A Walk With The Light In The Shadows Paul Gaumer,2022-03-01 Are you a Christian Do you walk daily with the Lord Are there times when the darkness and demons overtake your thoughts Just know you are not alone A Walk With The Light In The Shadows is the personal journal of Paul Gaumer a Christian who lives each day with Bipolar Disorder Join him on a journey into his life as he deals with the darkness and demons all while trying to keep God at the center of his life He understands that dealing with a mental illness cannot be prayed away The thoughts that he and you are feeling are real and sometimes need to be dealt with beyond prayer But God will never leave you nor will He forsake you and will walk along side of you during the times you need Him most The stigma of mental health is real especially in the Christian community Paul hopes that his book will help begin to start the discussions to end the stigma of mental health among Christians We have stayed in the shadows long enough It's time to discuss mental health in the Christian community and let the Light lead your path

The Book of Whispers MR

Mickey a Driver,Beverly Freeman,Jake Driver,2016-06-01 The Book of Whispers is the story of a young man s courageous battle with bipolar disorder It was a battle he lost But not without a fight Jake McClain Driver was a talented passionate brilliant young man with a tortured mind His creativity and wit were astonishing He was a gifted writer and played amazing guitar He wrote songs and poetry painted drew and made pieces of art He had a great sense of humor an innate ability to connect with others and as a result he loved and was loved Jake also had an illness One moment he was sweet loving and engaging In the next he was agitated erratic and disruptive He worked hard to overcome his problems He went to doctors who prescribed treatment plans involving medications and therapy He was hospitalized multiple times He was shot by a police officer He served time in jail Finally at age 26 he took his own life Among Jake s creative work was a series of poems he called The Book of Whispers No one knows why he gave his book of poetry that name however those of us who were close to Jake believe his verses may have been whispers to him that helped silence or quiet the chaos in his head that he experienced with his disease Through his poetry Jake weaves his own personal experience as he battles demons and pain that might seem unfathomable to others Some of the verses are whimsical and downright funny Others are thought provoking A few are sad In preparing to publish Jake s book the goal was simply to share his poetry with others As the project progressed we came to understand that his poetry is more meaningful when read within the context of Jake s all too short life We hope that Jake s story makes a difference to others If even one person who is experiencing the ravages of mental illness their own or that of a loved one is helped by hearing about Jake s journey or by reading his poetry the effort to publish it will have been worth it

Shadows and Light Allen Dekeyser,2025-07-05 Shadows and Light Navigating Life with Bipolar Disorder is a raw compassionate and powerful exploration of living with bipolar disorder In this deeply personal and eye opening book author Allen Dekeyser shares his lived experience with bipolar highs and devastating lows offering readers both truth and hope With a voice that is honest vulnerable and uplifting Allen dives into the daily battles the misunderstood emotions and the strength

it takes to keep going even on the darkest days Through heartfelt storytelling practical insights and faith based encouragement Shadows and Light is a guide for anyone living with bipolar disorder supporting someone who is or simply trying to understand it better More than a memoir this book is a journey toward healing one where mental illness doesn t define you but surviving it makes you stronger Whether you re in the shadows chasing the light or somewhere in between this book is a hand to hold and a reminder you are not alone

THE POETRY OF Sunshine SUNSHINE,2012-10-16 Hello this is SunShine coming at you with wisps and wonderings of poems all written on pages of tablets in a state mental hospital and typed up on my relatively inexpensive laptop the one I bought while living in a van by city parks and the river Here within these pages discover the thoughts of a modern day diagnosed young woman with bipolar disorder committed and locked up for hearing a sole sentence of a voice from God and well painting all the apartment walls Bipolar disorder commonly known as Manic Depression is characterized by extreme changes in mood and behavior According to the National

Institute of Mental Health bipolar disorder affects 2 6% of the population of the United States approximately 5 7% million adults Many bipolar people are extremely creative and excel in the performing arts music writing painting and photography I suffered through an episode to find myself homeless 1700 miles from my home and broke and then committed to the state hospital Poetry has always been a major form of expression for me words spilling on paper like water from a faucet One thing we could do to mark our individuality locked up was write and crochet of course I hope Poems from the Heart of Manic Depression are found to be engrossing and entertaining Indulge in SunShine Artwork Photography and the work of contributing photographer Aaron to gladden the eye and lubricate the soul Gone Scooby with a pallet knife and oils Sunshine

Why Did She Jump? Joan Childs,2014-06-16 Six million people in America suffer from bipolar disorder Joan Child s daughter Pamela suffered from the disorder bouncing from doctor to doctor in search of treatment Yet the demons great louder and on a summer day in July 1998 the same day that the Oprah Winfrey Show aired a segment on bipolar disorder Joan Childs 34 year old daughter leaped to her death from the window of her father s 15 story apartment An Angel to Remember is her mother Joan s haunting story of grief and guilt yet it is a beautiful story of love and the courage to find peace and purpose once again It's My Life and I'll Cry if I Want Too Kimberly D. Holmes,2017-05-12 It s My Life and I ll Cry If I Want Too The Diary of a Bipolar Woman is a riveting account of one woman s journey through mental illness It s about the valleys that Kimberly Holmes endured and the mountains that she climbed in order to understand herself and her illness Kimberly chronicles her tumultuous confrontations with death and heartening resolutions in finding the will to live She recounts her relationships and there most chaotic outcomes Kimberly writes openly about her promiscuity drug abuse criminal history and insight into her battle with bipolar disorder a mental disease that nearly destroyed her life Kimberly s personal account of her mental illness reveals a stark realistic view of the disease so that her readers may understand its magnitude The Colors of My Darkness Aleisha Williams,2016-09-08 These poems will take you through the highs and lows of a Bipolar mind Everyday is not always sunny and no two Bipolar minds are the same Here s a look at Aleisha Williams mind

Warrior K. Ram,2015-03-14 All my life I had been known for my mind and now the only thing I trusted was going out of control That was the situation that confronted me when I was initially diagnosed with Bipolar Disorder Seven years of medication rehab and therapy had got me stable and functioning again And then the illness came back Following an explosive meltdown fueled by a relapse of my Bipolar Disorder I found myself surrounded by shambles of my home my arranged marriage and my life Confused and frustrated I saw no choice but to leave everything I knew behind and search for a better way to live Having previously been misdiagnosed once an error that had disastrous consequences I was determined this time not just to control my illness but also to truly understand and overcome it From a village in my homeland of India to the mysterious Wudang Mountains in China Warrior The Bipolar Battle is the story of my three year journey through five countries on three continents in my quest to understand my mind and my place in the universe To fight through life survive

deal with unpleasant emotions and learn to live that is the way of the warrior Dark and emotional yet filled with inspiration and hope Warrior The Bipolar Battle is a story of triumphing over adversity against all odds and realizing that no matter how dark it gets no matter how low you fall there is hope There is a way out I am the Warrior Bipolar is my enemy This is my Battle

Bipolar: The Ultimate Bipolar Disorder Solutions for You (Growing Up With a Bipolar Parent and My Battle to Reclaim Myself) Angela Schmidt,2022-01-08 Bipolar disorder can be a lifetime struggle but it doesn't have to be This guide provides tried and proven methods for dealing with this disorder or helping a loved one who suffers from it Learn how to deal with mood swings prevent recurrences avoid misdiagnosis maximize the effectiveness of treatment settle family problems and make lifestyle adjustments to stay well You will learn in this book Dealing with a depressed person coping with someone with depression or an anxiety disorder Depression signs symptoms and treatment of depression Bipolar depression disorder symptoms and treatment Dealing with a bipolar person how to deal with someone diagnosed with manic depression The book is a personal journey finding what the disease is all about managing the difficult moments of depressions and hypo mania episodes until a stable effect is reached the so called remission The author also shares her successes talents and everything she has learned in an optimistic and positive way

Highest of Highs to Lowest of Lows Michael Kinyanjui,2017-09-20 A young man's account of adjusting to living in a new country learning a new language and dealing with bipolar disorder a mental illness he never knew he had

Navigating Life with Bipolar Disorder Allen Dekeyser,2025-06-09 Bipolar disorder is not just a diagnosis it's a daily journey between extremes Shadows and Light Navigating Life with Bipolar Disorder offers an honest raw and deeply human look into what it means to live with bipolar disorder from the inside out With courage and compassion Allen De Keyser shares real life experiences the highs the lows the confusion the breakthroughs all while offering insight hope and practical guidance This book is not sugarcoated It's real emotional and uplifting for anyone who lives with bipolar disorder or loves someone who does Each chapter explores vital themes like mood tracking medication relationships faith and finding peace in the storm Through storytelling reflection exercises and heartfelt truths this book becomes a companion for those walking the winding path of mental health

My Struggle to Be Well Aurelia Roybal,2022-05-13 A powerful first person account of living with bipolar disorder and the challenges it presents Balancing humor with serious topics and including key parts of her medical records Aurelia's story illuminates the realities of this disorder

Silently Struggling: The Hidden Battles of Bipolar Depression Stephanie Marcum,2025-02-02 Silently Struggling The Hidden Battles of Bipolar Depression offers a raw and insightful look into the silent often invisible challenges of living with bipolar depression This book sheds light on the emotional and mental struggles that individuals experience helping to reduce the stigma and encourage understanding Through personal stories research based insights and expert advice the book provides practical strategies for managing bipolar depression emphasizing the importance of self compassion emotional resilience and seeking professional help Perfect for those navigating their own mental health journeys as well as friends family members

and caregivers who want to better support their loved ones

Battling Bipolar Disorder Christina Solak-Goodwin, 2011-03-01 I was twenty six years old and had just endured my second committed psychiatric hospitalization for suicidal depression when I was diagnosed with bipolar disorder At that time I had no idea how sick I was and would later become Battling Bipolar Disorder a Memoir chronologically reports the pain despair and hopelessness of a woman suffering from mental illness for seventeen years My first person present tense story recounts 11 suicide attempts that I can remember multiple failed medication trials electric shock treatments a last resort that fails and numerous psychiatric hospitalizations Even though during many of these episodes I was and still am a licensed professional mental health therapist myself I continue to deny my illness and often refuse treatment which of course results in reckless behaviors I continually ride a physical mental and emotional roller coaster Battling Bipolar Disorder A Memoir is both graphic and seductive Readers will be intrigued with the inner workings of mental institutions suicidal plans and relationships between the bipolar patient and both her family and mental health doctors These physicians fall into categories of the good the bad and the ugly

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