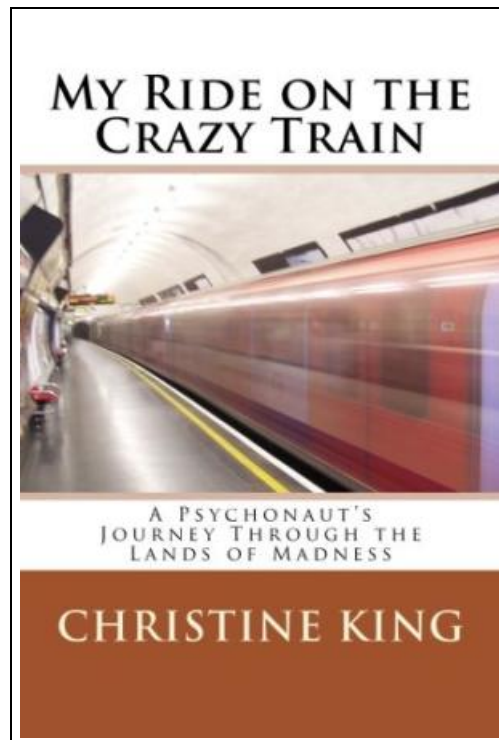


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. These excerpts from my diaries are the story of a life changed forever by mental illness. I have Schizoaffective Disorder, an incurable condition characterised by symptoms of both schizophrenia and bipolar. These journal entries, snippets of poetry and monologues are laid before you with brutal honesty as I admit my innermost secrets, my bizarre beliefs and musings, and the extremes of emotion as I cycle through endless episodes of depression, mania and psychosis. I present these diaries with a degree of fear and trepidation as I expose the extent of my madness, for there is still great stigma and misunderstanding of mental illness and those who suffer with it. In publishing these diaries, I hope that for those of you who wish to learn and understand that this book will give you some insight. For those of you who suffer too, I hope that you will take some comfort in knowing you are not alone.

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