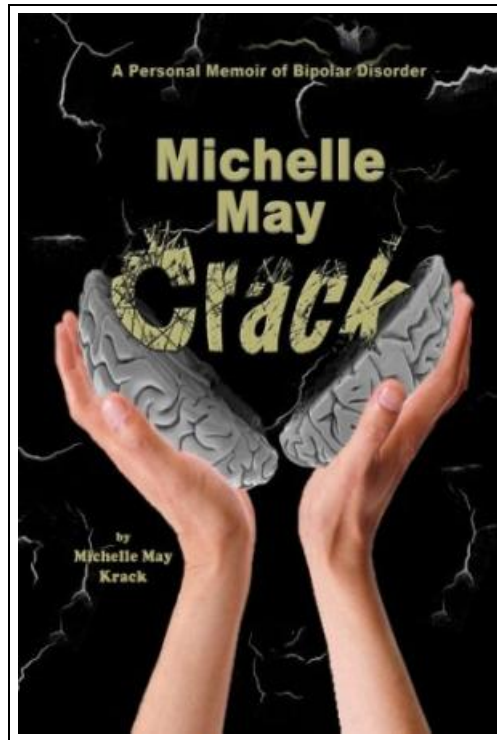


## Michelle May Crack: A Personal Memoir of Bipolar Disorder (Paperback)



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## MICHELLE MAY CRACK: A PERSONAL MEMOIR OF BIPOLAR DISORDER (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Breast cancer survivors have pink bands. Our troops, yellow ones. Healthy hearts and AIDS awareness is designated with red. White bands typically symbolize peace. Major awareness groups are easily recognizable by their respective colors, which is clearly a positive. But what is the color, where is the cause, who comprises the groups that have an equal level of popularity and advocates for the millions upon millions of people who suffer from mental health issues? Were you aware that the color for mental health is in fact green? Most likely not, as it is a topic not covered in the way that other health issues are. In her first novel, Michelle Krack chronicles her story and continual battle with overcoming bipolar disorder. Readers will learn of the heart-breaking struggles and everyday victories that accompany life from the perspective of a mother of four, sister to three, and above all else- survivor of one. Beginning with her deep family roots in the southern Indiana city of Evansville, Michelle touches on the fears, tears, hilarity, and special moments so near to her heart and some, unfortunately, ever imbedded into her memory. The order in which her tale is presented parallels bipolar disorder, with stories here and there that interrupt what would normally be a traditional reading experience.

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