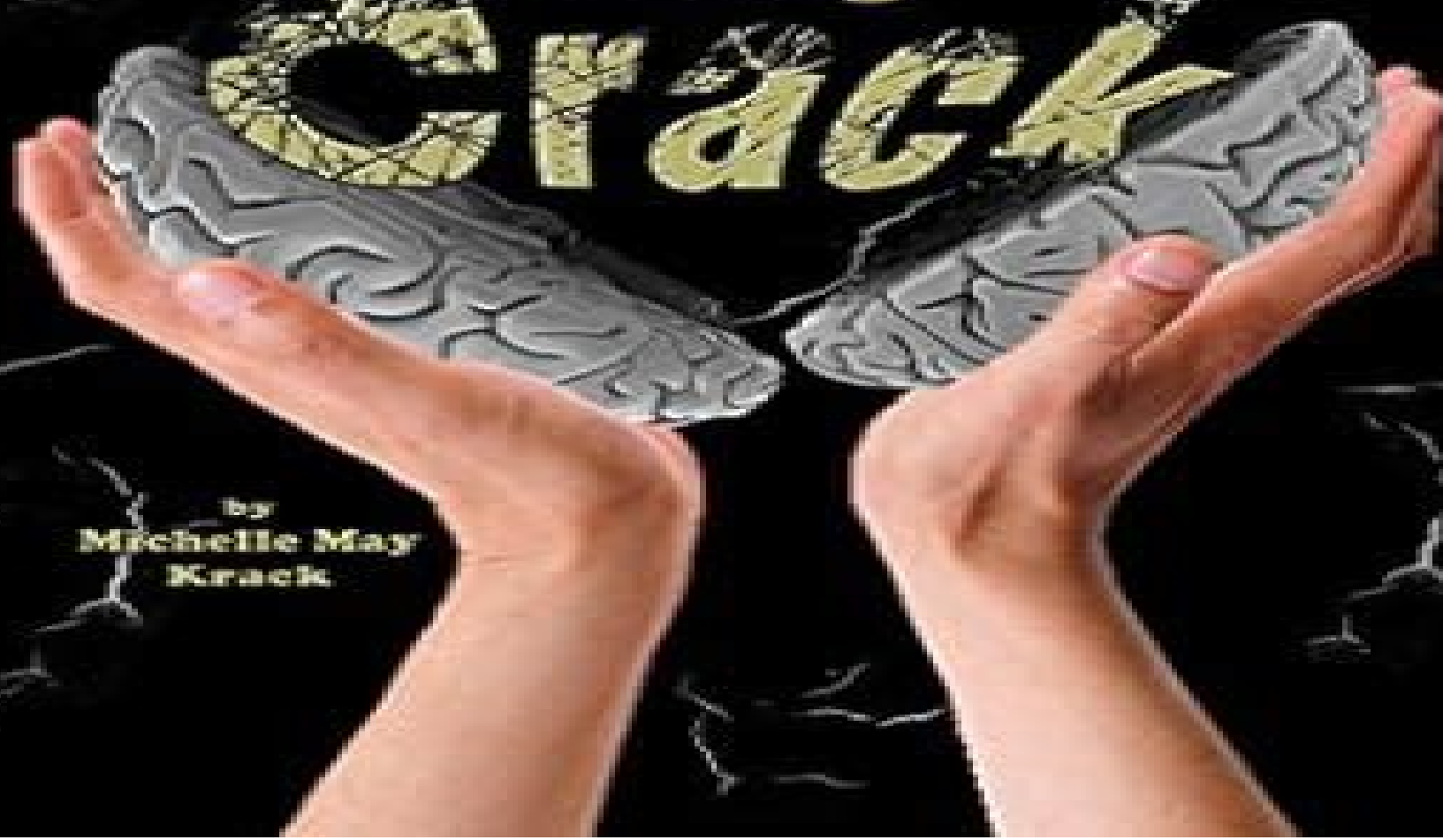


A Personal Memoir of Bipolar Disorder

**Michelle
May**

Crack

by
**Michelle May
Krack**



Michelle May Crack A Personal Memoir Of Bipolar Disorder

Ember Lynn



Michelle May Crack A Personal Memoir Of Bipolar Disorder:

Michelle May Crack! Michelle T Krack, 2019-03-03 In her personal memoir of bipolar disorder Consumer Advocate Award winner Michelle May Krack begins her story talking about 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

Michelle May Crack Michelle May Krack, 2014-11-20 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

Bipolar No More Michelle J. Holtby, 2008-09 Memoir of a blessing disguised as a tragedy More than two million Americans have bipolar disorder In her memoir Michelle Holtby tells how the illness ruined and saved her life In May 2001 at age 27 a brain disorder overwhelms her Soon she slips into an alternate reality and believes she s God Hospitalization and a diagnosis of bipolar disorder bring stability But what about recovering How does she learn to live with her mental illness And above all she wants to know why God wrecked her life causing her to loose her career friends and home Over the next 7 years Michelle peers into the cracks of her soul to confront her anguish anger and self loathing Finding new meaning for her life powerfully aids her recovery By extracting healing insights from her wrenching loss she moves forward to wellness But each day she must actively choose to remain in balance It s a constant challenge to push aside the negative voices in her head Every day she consciously embraces hope to ensure continued recovery To help others on their journey to wellness she shares many of her practical self care techniques This memoir is for anyone whose life has been touched by mental illness With candor and bravery Michelle Holtby gives a taut and compelling eyewitness account of living with bipolar disorder Her memoir confronts stigma and replaces it with understanding In overcoming despair she shows how hope and faith endure and guide her recovery

A Double-Edged Life Jill Campbell, 2009 Jill Gebhart Campbell s passion for poetry writing and drawing prompted her to write this book utilizing these creative genres in order to portray her bipolar illness in a more personal way It is also a reflection of how the devastating effects of bipolar disorder shaped her life The

author's story is about a young woman's odyssey of triumph and sorrow and her journey to find herself again. Before her diagnosis, she was a beautiful, compassionate young woman who excelled in both athletics and academics. After her diagnosis, she gained more than 120 pounds due to health issues, sick children, psychiatric hospitalizations, and unsuitable medications. She became depressed, self-consuming, and bitter. The debilitating depression and hauntingly real hallucinations forever impacted the way she sees life and how life sees her. Her faith in God proved to be her ultimate anchor through her heart-wrenching circumstances. After admission to solitary confinement due to hallucinations, she experienced an even more profound depression. The white walls, barred windows, cold cement floors, and white bedding only exacerbated my feelings of isolation and left me swirling downward in an even deeper depression. However, the Lord's unconditional love has allowed her to walk on the bright side once again. She overcame all the odds to become the woman she longed to be. She has attained the serenity one reaches when they've been to the very end, beyond hope, yet made it back. *When the Bough Breaks* Denise Brauer, Michelle Brauer, 2016-02-20

The Brauer family would have described themselves as conventional and nondescript until Barbara, a devoted wife and mother, suddenly developed bipolar disorder. She was 45 and otherwise in good health but plunged into depression so quickly that she slit her own throat before anyone suspected the gravity of the situation. This book is about the year in which the family struggles to find treatments, trying to recover the woman they loved from the abyss of mental illness. *When the Bough Breaks*, co-authored by the Brauer sisters, is a memoir about the painful year in their adolescence when their mother is diagnosed with manic depression. They are the statistics come to life: research about girls experiencing family problems who are more likely to experience depression, use drugs, experiment with sex, and struggle with eating disorders. Survivors of suicide often feel like this subject is one of the last taboos in our society and they can feel uncomfortable discussing the loss of a loved one to suicide. This book attempts to breach this divide by sharing one story from the perspective of teenagers who lived through it. **The Chaos of My Mind** Ellen Northcott, 2021-04-22

Have you ever wondered what it's like to hear things that aren't there or believe things that aren't true? Perhaps you've questioned how someone with a good life could kill themselves or why someone with a severe mental illness would stop taking life-saving medication. These are all things Ellen Northcott has experienced and documented. *The Chaos of My Mind* is a deeply personal book written during Ellen Northcott's darkest moments and her highest highs. The writing is raw and confronting in its honesty, giving a rare insight into the fight to survive against a brain determined to die. The book delves into the struggles with accepting a diagnosis of bipolar disorder and the battle with medication. Being a psychologist, Ellen Northcott has the unique ability to contrast the personal experience and the professional viewpoint. Ultimately, this is a story of hope of surviving the worst bipolar has to offer and thriving. As the author writes, "It is worth the fight." *Memoir Of A Bipolar* Gene Wittman, 2021-04-12

The author returns with an emotionally charged memoir. This time she's sharing something very personal: mental illness. In vignettes ranging from hilarious to downright sad, she talks frankly about being diagnosed with

bipolar disorder In this living with bipolar disorder book you will discover The author has not lived an ordinary life as the title of her second memoir suggests Born into a wealthy family she endured the untimely deaths of her alcoholic parents the murder and suicide of two brothers her own severe depression and a diagnosis of bipolar disorder Nevertheless she has come back from the abyss and is anxious to help others through her inspirational stories of survival Join her as she details the lowest points in her life and how she climbed out of the abyss into the light of day Her journey is one you can relate to and make your own changes to be the person you want to be Let s not waste any more time Dive in and start reading *Crazy Beautiful* Kimberly Clark,2020-11 This mini memoir is a celebration of my life story thus far and a motivational self help book to build awareness in women about their mental health sexuality and personality and how they simultaneously work together in producing the women that we are today Secondly and most importantly this mini memoir is to stop the misuse of the word bipolar Too often people will call everyone from their mean bosses to misunderstood girlfriends bipolar simply because they are having a bad day Mental illness is far more serious than someone acting negatively toward another person Experiences can impede our desired prosperity and detour you to unknown territories These territories can be unhealthy relationships unfulfilling marriages and unlived dreams The key to positive growth is to go with the ups and downs As things shake out you must honor respect and accept the parts that make up the true you a greater you We as women need to own the rights of our past to claim a fulfilling and prosperous future I swear I had to be manic the first decades of my life Although with a mild mania I remember being so joyfully content My childhood hands down was a cake walk My parents made sure that my siblings and I had what we needed and delivered most of our wants Yes I was spoiled however not rotten I loved Love and I expressed it every day around whoever I was with and was confident in the person I was becoming This mini memoir is a compilation of my personal life stories up to the age of 51 which reveals an array of behaviors actions and intentions both nice and naughty I m not ashamed of my past Despite many fallouts I am proud of myself and feel blessed to still be walking the Earth I thank God every day **Falling into Peaces** Carol A. Coussons de Reyes,2008-04-17 Reading this book may just leave you screaming for Lithium Taking us viscerally into her mammoth fears great energy deep sadness and often indignant spirit Carol Coussons de Reyes chronicles her personal journey with bipolar disorder While other memoirs have given us an intellectual understanding of mental illness Carol guides us without mercy through her life as it hits its strongest intensities The spiral begins as we see through the eyes and heart of a woman who fears she is being poisoned and gassed tailed by the FBI watched by the Army and associated with a CIA assassin Although Carol seeks treatment and is involuntarily hospitalized several times she shines a light on the inhumane treatment she receives and the community s approach to mental illness In doing so she helps begin to erase the stigmas and discrimination in today s society and create hope By sharing her story Carol allows us to see that her recovery was by no means linear but was achieved on her own terms Falling into Peaces is ultimately about triumph as Carol not only finds her own sense of peace but joins with national leaders that create new and

innovative roads to wellness **You Just Can't Tell** Michelle Engel,2020-06-22 This memoir details my experiences with trauma and bipolar disorder starting with the events that led up to my first hospitalization and leading up to present day I wrote it not only to unclutter my mind but also in the hopes that someone else out there whomever they may be might feel a little less alone To paraphrase something I recently wrote in sidewalk chalk near my parents house we are all but many branches on the same great tree *Me and My Bipolar: Forever Together* Brigid Sheehan,2021-12-09 A personal memoir on life with Bipolar disorder **My Mini Memoir** Ember Lynn,2024-11-20 In this raw and deeply personal memoir Ember Lynn invites readers into the unvarnished reality of living with bipolar disorder a journey marked by heartbreak healing and the relentless pursuit of self discovery Through the lens of her own experience Ember Lynn explores the complexities of mental illness the toll it takes on relationships and the unyielding strength it requires to rebuild With courage and candor the author shares their struggles with identity the weight of societal judgment and the painful losses that shaped their journey Yet at its core this is a story of hope a testament to the transformative power of self awareness therapy and community More than a memoir this story is a call to action to break the stigma surrounding mental health embrace the beauty in imperfection and find connection in shared struggles Whether you re battling your own mental health challenges or seeking to understand someone who is this book is a beacon of light for anyone searching for healing and belonging The Other Side Me - Memoir of a Bipolar Mind - Hardcover Colour Edition {alternate Cover} Julie Kraft,2016-12-20 In this unforgettable memoir first time author Julie Kraft takes readers on an intimate journey through her struggles and triumphs with bipolar disorder No stone is left unturned In baring her skeletons and soul Julie offers a rare glimpse into a world that affects millions but is often misrepresented feared or hidden It is Julie s greatest hope that in sharing her story she will open minds shatter stigma and offer hope to those walking a similar path More Than Bipolar Lizabeth D. Schuch,2012-10-30 A valuable book fresh with insights Pete Earley author of Crazy A Father s Search Through America s Mental Health Madness Until she experienced her first manic episode at the age of seventeen author Lizabeth D Schuch had little knowledge of mental illness From that point on her life would never be the same In her memoir More Than Bipolar she discusses her twenty five years of experience with bipolar disorder sharing the wisdom attained to break the hold of stigma shame and fear surrounding this illness Schuch reveals the full reality of what living with this illness looks like She shares the truth from its manic and depressive extremes to the life lessons of understanding and maturity necessary to live well in recovery More Than Bipolar also provides information about the importance of getting a proper diagnosis working with the medical providers trusting your own instincts about your care and having the insight to know when the warning signs are leading you in the wrong direction More Than Bipolar focuses on knowledge gained and strength restored on the path of a complete bipolar journey It shows that living well with bipolar disorder is possible and may indeed be a part of the diagnostic picture Breaking Into My Life Michelle Dickinson-Moravek,2018-02-07 Breaking Into My Life chronicles the impact that growing up with a mentally

ill mother had on author Michelle Dickinson Moravek The years of having to stay home from school to care for her mother while coping with her instability and periodic abuse would compromise Michelle's adult life until she finally realized that she had to do more than simply come to terms She had to reclaim herself along with the life she deserved **An Unquiet Mind** Kay Redfield Jamison, 2009-01-21 NATIONAL BESTSELLER A deeply powerful memoir about bipolar illness that has both transformed and saved lives with a new preface by the author Dr Jamison is one of the foremost authorities on manic depressive bipolar illness she has also experienced it firsthand For even while she was pursuing her career in academic medicine Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients as her disorder launched her into ruinous spending sprees episodes of violence and an attempted suicide Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed revealing both its terrors and the cruel allure that at times prompted her to resist taking medication **The Other Side of Me - Memoir of a Bipolar Mind - Hardcover Colour Edition** Julie Kraft, 2016-12-20 In this unforgettable memoir first time author Julie Kraft takes readers on an intimate journey through her struggles and triumphs with bipolar disorder No stone is left unturned In baring her skeletons and soul Julie offers a rare glimpse into a world that affects millions but is often misrepresented feared or hidden It is Julie's greatest hope that in sharing her story she will open minds shatter stigma and offer hope to those walking a similar path **The Last Day of July** John Medl, 2023-01-17 A riveting memoir The Last Day of July tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph When thirty five year old John Medl is involuntarily admitted to a psychiatric hospital he is sure it is a mistake A graduate from the University of Dayton with a Bachelor of Arts in Psychology John's life appears ideal How did he get here In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation John reveals his delusions and battles with mental illness Intriguing and riveting this true story of perseverance when all hope seems lost is inspiring and unforgettable The Last Day of July shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing It is the third book in his Workings of a Bipolar Mind series Get it Now Related Authors Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merryl Hammond Julie A Fast Dave Mowry David J Miklowitz Aimee Daramus PsyD Terri Cheney Merryl Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books An Impossible Life The Inspiring True Story of a Woman's Struggle from Within The Weight of Air A Story of the Lies about Addiction and the Truth about Recovery Life of the Mind Interrupted Essays on Mental Health and Disability in Higher Education Madness A Bipolar Life Mad Like Me Travels in Bipolar Country Loving Someone with Bipolar Disorder Understanding and Helping Your Partner The New Harbinger Loving Someone Series OMG That's Me Bipolar Disorder Depression Anxiety Panic Attacks and More The Bipolar Disorder Survival Guide What You and Your Family Need to Know Understanding Bipolar Disorder The Essential

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