



Poetic Bipolar Mind

Unraveling Life's Threads Through Art and Words

Written by Kana Jimenez
Illustrations by David White

A Poetic Journey Through A Bipolar Mind

SJ Ball



A Poetic Journey Through A Bipolar Mind:

A Poetic Journey Tina Kaye Hoyer, 2011-04-13 I look in the mirror and what do I see The vision unravels of what is to be The shell of a woman whose life has been taken away What does it mean to look forward to a new day Take me away from the life that I lead All I feel is the need to bleed The desire to see red is like hunger or greed Unzip my skin and set my heart free Is there such a thing as a happy me Or carrying this burden will I always be From fleeing for her life from a crazed boyfriend to an accidental overdose of prescribed medications and not to mention a life threatening cutting disorder and eight stays in mental institutions Tina has overcome monumental obstacles to get to where she is now Her goal with this book is to inspire and to help others with Bipolar Disorder realize each has different challenges but all can be managed with the proper amount of drive persistence and desire to do so In this book her poetry tells the traumatic story of her battle back to reality from her living hell with all the raw emotion she was feeling along the way Tina opens her heart and soul and pours it out before you in these pages through her intense gut wrenching poems You will follow Tina on her journey as she describes to you through her poetry what it took to return to reality Through them you get close insight into how the Bipolar mind works as it goes from extreme agitation to complete hopelessness and then to a manic euphoria We hope that you will not only enjoy this book but will learn from it as well Poems from a Bipolar Mind John Medl, 2023-01-03 A riveting book of poetry Poems from a

Bipolar Mind 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 book of poetry 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 Poems from a Bipolar Mind 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 second 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 Family Guide Manic A Memoir Navigating Bipolar Country Personal and

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Split Mind Zack Chambers,2017-11-03 Experience the extreme highs lows hallucinations and delusions of Bipolar Disorder from my poetic point of view Read some of my poems as I go from being tormented by Bipolar Disorder to studying at one of the world's most elite universities This collection of poems shares a very personal look into my mind as I battled the waves of emotion that had haunted me for many years It shows my recovery and the journey that ended at Harvard University where I found my true self All book proceeds will be donated to the Brain and Behavior Research Foundation

Finding Peace of Mind Jonathan Kemp,2025-10-10 A powerful personal and inspiring memoir confronting the complexities of mental health A story of resilience growth and the human spirit's capacity to overcome adversity and find

purpose It offers practical insights for those facing similar challenges offering useful tips and actionable strategies As *I Remember in Poetry and Prose* Natalia Finocchiaro,2010-09-07 As I Remember in Poetry and Prose provides a compelling glimpse into a bipolar womans complex and poignant journey as she battled powerful emotions in her life and mind After being diagnosed with bipolar disorder at age forty seven Natalia Finocchiaro began writing poetry as an outlet a decision that eventually led her to a path of healing A victim of her own imagination Natalia was hospitalized fifteen times as she battled hallucinations insomnia psychotic episodes and depression As she shares what she learned about herself and those around her during those difficult years Natalias poems depict a world of fantasy and reality during both joyful and heartbreaking moments From her reflections on the ruts of a miserable family a future full of hope and promise the arguments inside her head and the one eternal love that guided the way from near and far Natalia offers a fascinating lyrical tour of the bipolar mind As I Remember in Poetry and Prose profiles one womans reality as she journeys from darkness to the light and at last finds peace within her tormented soul From Hell to Paradise - a Journey in Verse Martin Brits,2010-12-07 Here I write of life in a language permeated by fear dreadfully suppressed memories of the child beaten by a drunken father waiting for fate to forgive me A carbon copy repeated in brutal patterns and destroying the faith of my family my wife and two daughters They bore the brunt of my alcoholic dependence which ultimately resulted in divorce and alienation This tormented man when challenged about being drunk and abusive plunged further into darkness The lonely period without a word from them and then finally seeking help in rehabilitation five years of sobriety leading to forgiveness and reconciliation This book of verse is a visionary journey *Coming Full Circle: One Woman'S Journey Through Spiritual Crisis* Carol L. Noyes,2014-08-13 Her journey of recovery from bipolar disorder and her insights are described in this book an autobiography of Carol Noyes When Carol went through mid life crisis in the spring of 2006 her world was turned upside down Carol was able to wean herself off drugs after over four years on psychiatric medications She found natural alternatives that effectively helped her to recover and to lead a productive life Carol believes that the current medical paradigm is inadequate and often unable to help individuals to heal and to bounce back Carol nearly died from a combination of the swine flu and lithium poisoning Her descent to the bottom of the metaphorical well provided the impetus for her to research non drug therapies These therapies along with faith hope and courage brought Carol back to a peaceful life Carol recounts her life and investigates the factors that precipitated imbalance She writes about her extraordinary experiences during expanded states of consciousness She also delves into the world of symbols and mythologies describing how they became poignant for her Carol calls her experience a time of spiritual awakening a time of developing self esteem learning to love herself and finding her true purpose She hopes that her insights will help others going through spiritual crisis Those interested in humanistic psychology personal growth and spirituality may find this book fascinating

Decoding **A Poetic Journey Through A Bipolar Mind**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**A Poetic Journey Through A Bipolar Mind**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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A Poetic Journey Through A Bipolar Mind Introduction

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