



## **-Surviving MANIC DEPRESSION-: My Story & The Real Truth on Managing It**

*Chrissy Smith*

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This is a short guide on Manic-Depression. This is a uniquely written book on my story and how I learned to manage my illness. It's raw, truthful and full of stories of my life. It also explains how this disease affected it. You get an inside glimpse on how you too, can manage your illness. You can live a happy, well-adjusted life, without the hassles of this disease! This plan is for anyone suffering from this illness, who just want a lifelong strategy for dealing with Manic-Depressive Illness. By setting your goals, following the strategies and achieving them you can be free. It's no joke but it keeps you reading, as you travel through some parts of my life! Take a look at my book and realize that there is a different way of living out there. You don't have to constantly live in fear of your disease. You need to take control of your life and stop letting it control you. Take a walk through my life and learn a life worth of strategies, to help you throughout yours! These are some of my comments from my book site regarding this book: Hi Lyn; I have just read your first three chapters. Brutal, is the word that comes to mind. This is brutal in its honesty and self-assessment. But I felt it was the consistent theme of honesty that made the traumatic events of your life, and the situation you found yourself in, so engrossing. You can't help but feel that this is just the sort of read that really would help someone with depressive tendencies. I thought your instruction to 'not blame yourself as it is a chemical imbalance' absolutely spot on and also to 'not judge'. Simple yet important, advice spoken by someone who knows. The text is great This is one book as a reader that you can thoroughly recommend to others. RMA (Richard) The Snow Lily I read all of your upload, and I think this will be really a really useful tool to help people that are suffering from this illness. What I would have liked more of, are the stories of your own experiences scattered throughout. The tales that you did include were really interesting, although bizarre and baffling. This made me see how you were seeing things at the time, and it was very insightful. I am always appalled by the authorities when I read stories like this. I wonder how people get into these jobs.

Misdiagnoses, negligence and abuse seem so rife, even today. I think you've done a great job coming up with this management plan, and I hope it helps a lot of people.. Take care, Jes. Up the Hill Backwards Blimey, I could be reading my own story here. This is spooky, but I'll try to remain calm and logical about it:) Drugs, parents in bed, the fear the weird goings on in the head all the time. Good grief! I think I've found a soul mate. Your opening and first chapter have me hooked, so I will have put on my watch list and read more. I love your style. It is really down to earth and gutsy. Can't see any flaws to write home about However, it's a darn sight better than my first draft. Six stars xx Catherine Shaw A Painted Smile Hi Lyn, I found your writing style very captivating and honest. Manic depression and bipolar disorder is very common among women (probably hormones and DNA inheritance is also playing a major role here) so I found your true story very thought-provoking and informative as well. This book should be published very soon, as you've shared your real life experiences in an open way, without banning any issues. Best wishes, Lucette- Ten Deep Footprints I found this book very informative, but not in a black and white kind of way. It was very open and welcoming, allowing the reader to absorb the concepts, without being overwhelmed by the content. You really take the reader in with your captivating writing style. Overall, I found what I've read so far to be wonderfully written and I feel it will be very useful. Kudos and high stars, ~ Ally The Shadow's Touch

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#### **Carlie Manson:**

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