

A Personal Memoir of Bipolar Disorder

**Michelle
May**

Crack

by
**Michelle May
Krack**



Michelle May Crack A Personal Memoir Of Bipolar Disorder

Gene Wittman



Michelle May Crack A Personal Memoir Of Bipolar Disorder:

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 *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

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 Gebhart Campbell,2009-08-17 Jill Gebhart Campbells 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.

It's My Life and I'll Cry if I Want Too Kimberly D. Holmes, 2017-05-12. *It's My Life and I'll Cry if I Want Too: The Diary of a Bipolar Woman* is a riveting account of one woman's journey through mental illness. It's about the valleys that Kimberly Holmes endured and the mountains that she climbed in order to understand herself and her illness. Kimberly chronicles her tumultuous confrontations with death and heartening resolutions in finding the will to live. She recounts her relationships and their most chaotic outcomes. Kimberly writes openly about her promiscuity, drug abuse, criminal history, and insight into her battle with bipolar disorder, a mental disease that nearly destroyed her life. Kimberly's personal account of her mental illness reveals a stark, realistic view of the disease so that her readers may understand its magnitude.

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

Madness Marya Hornbacher, 2009-04-01 In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know When Marya Hornbacher published her first book *Wasted: A Memoir of Anorexia and Bulimia* she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life At age twenty four Hornbacher was diagnosed with Type I rapid cycle bipolar the most severe form of bipolar disorder In *Madness* in her trademark wry and utterly self revealing voice Hornbacher tells her new story Through scenes of astonishing visceral and emotional power she takes us inside her own desperate attempts to counteract violently careening mood swings by self starvation substance abuse numbing sex and self mutilation How Hornbacher fights her way up from a madness that all but destroys her and what it is like to live in a difficult and sometimes beautiful life and marriage where bipolar always beckons is at the center of this brave and heart stopping memoir *Madness* delivers the revelation that Hornbacher is not alone millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease And Hornbacher's fiercely self aware portrait of her own bipolar as early as age four will powerfully change too the current debate on whether bipolar in children actually exists New York Times Humorous articulate and self aware A story that is almost impossible to put down With the same intimately revelatory and shocking emotional power that marked *Wasted* Hornbacher guides us through her labyrinth of psychological demons Elle

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

Manic Terri Cheney, 2009-10-13 An attractive highly successful Beverly Hills entertainment lawyer Terri Cheney had been battling debilitating bipolar disorder for the better part of her life and concealing a pharmacy's worth of prescription drugs meant to stabilize her moods and make her normal In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness Cheney describes her roller coaster existence with shocking honesty giving brilliant voice to the previously unarticulated madness she endured Brave electrifying poignant and disturbing *Manic* does not simply explain bipolar disorder it takes us into its grasp and does not let go

The Reality of Bipolar Disorder Darcie Cooper, 2015-10-09 Take hold of your own personal journey Make peace with it Peace is truth If you suffer from bipolar disorder also called manic depression or if you love someone who does then you already know how

frustrating and baffling this mental illness can be This book assures you that there is great hope through all of life's circumstances Even though bipolar disorder may put us through extreme challenges each and every day if we are rigorous about taking the right medications and keeping an appropriate lifestyle we can effectively stabilize the disease and choose a good life Darcie Cooper was led by God's Spirit to present her story to others God does not want us to suffer God wants us to know that we do not have to resort to self harm or suicide He is always with us She tells us of her personal journey through life's many obstacles including tragedy loss poor physical health and bipolar disorder Our destinies are different and they call us at different times of our lives but we can learn to flow with what has been given Each person's experience with this disease will be unique but every one of us can find a successful path to staying sane 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 **My Black Box** Michelle Murphy, 2015-02-01 Imagine that you are a young adult minding your own business happily engaged in your activities and relationships and enjoying all the milestones that come with such an exciting time of life Perhaps you are in college anticipating graduation dreaming about your future hoping to one day marry and have children applying for jobs or making plans to start your own business And then one night you begin to hear voices in your head You dismiss it telling yourself it is nothing And then it happens again Unable to sleep for nights on end you toss and turn slowly losing your ability to control your thoughts as your mind travels at breakneck speed through a kaleidoscope of frightening images and sounds Your mind is racing and yet at the same time all the strange things you are experiencing with such intensity have a slow motion quality to them You feel paralyzed Who can you trust Who can you turn to How do you sort through all your thoughts and experiences to determine which are real and which are unreal And where do you go when no place feels safe **My Black Box** Flights of Bipolar offers readers a rare courageous and candid look inside a bipolar mind as it takes flight from reality and enters the world of full blown psychosis Given the paranoia that often accompanies severe mental illness it is not unusual for a psychotic individual to hide from strangers and outsiders the frightening and disturbing things going on in their mind and their life In opening her black box and revealing its contents Michelle Murphy gives us a tremendous gift a context within which to understand our loved ones who suffer from bipolar schizophrenic and schizoaffective disorders This book will

also serve as a compass for those who may be hearing voices experiencing paranoia hallucinating or suffering with other symptoms of psychosis and attempting to navigate those frightening waters Anyone who is living with a serious mental illness will identify with Michelle s psychotic episodes and in so doing feel less alone And everyone who reads this book will feel both encouraged and inspired by the determination with which the author continues to face her challenges move forward and excel in her life This successful electrical engineer wife and active member of her community has done a tremendous service to us all by revealing to us her innermost demons and struggles and sharing her victories and successes She proves that with perseverance and proper medical attention the mentally ill need not be defined by their illness nor destined to live anything but rich full and productive lives

Millions Like Me John Medl, 2022-12-27 A riveting memoir Millions Like Me 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 Millions Like Me 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 first 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 Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS How to Recover from Bipolar Illness An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire Manic Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder A Johns Hopkins Press Health Book Keywords Mental Health Bipolar Disorder Manic Depression Mania Depression Memoir Guide Survival **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 **Workings of a**

Bipolar Mind 1-5 John Medl,2023-04-11 A riveting memoir *Workings of 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 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 *Workings of 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 fifth 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 Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS How to Recover from Bipolar Illness An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire Manic Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder A Johns Hopkins Press Health Book Keywords Mental Health Bipolar Disorder Manic Depression Mania Depression Memoir Guide Survival **Me and My Bipolar: Forever Together** Brigid Sheehan,2021-12-09 A personal memoir on life with Bipolar disorder 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 Out of the Crazywoods Cheryl Savageau,2025 Out of the Crazywoods is the insightful and riveting story of Abenaki poet Cheryl Savageau s late life diagnosis of manic depression also known as bipolar disorder and her personal journey towards the acceptance and management of this life long illness to achieve emotional stability Provided by publisher *In the Red Dress* Rebecca Black,2024-09-30 In the Red Dress Addictions Relationships and Spirituality in my Bipolar World is the author s story of her hectic and unstable personal life living with untreated bipolar disease and how spirituality helped her conquer addictions and mend relationships Addictions abound and relationships suffer when friends and family with multiple mental health disorders get together The negative and positive consequences of their outrageous behaviors are described in seventy poems and multiple life experience narratives in this memoir highlighting the interactions among characters with untreated mental health issues Joy and grief resonate in the narratives and in the serious and playful poetry Hypomania and depression friends and enemies at the same time compete for the author s thoughts actions and ultimately the behaviors which led to addiction abortion adultery avarice anger angst ambition and attitude Survival and stability came with prayer and worship as the author experienced the power of spirituality in healing Now with eyes open and battle wounds healing normalcy prevails and character rebuilds

Ignite the flame of optimism with Crafted by is motivational masterpiece, Find Positivity in **Michelle May Crack A Personal Memoir Of Bipolar Disorder** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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