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Losing My Mind: Chronicle of Bipolar Mania

Calvin Dunn

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Losing My Mind: Chronicle of Bipolar Mania Calvin Dunn
This book is about my experiences since being diagnosed with Bipolar Disorder at age 20, in the prime of my life. This illness changed the course of my life. Over the next 13 years I experienced homelessness, drug addiction, imprisonment, several trips to psychiatric wards and mental institutions, living in group homes, numerous manic and depressive episodes and suicide attempts. I lost all hope for my life, and spent many years being unproductive, misunderstood and lonely. I was once a handsome, intelligent, outspoken and ambitious young adult, but eventually became an overweight, homeless mental patient with the lowest self esteem anyone could ever have. I eventually overcame this illness after all of my struggles, and rebuilt my life, my self esteem and my mental stability with hard work, faith, medication and therapy. I decided to share my story with the world in hopes of inspiring and educating people about this illness, and hope to shed light on an illness that has ruined many people's lives, and also caused many others to end their life. I am living proof that this illness can be overcome, but getting here was not easy.....

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