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## Fragments of My Life A Journal About Manic Depression And Its Companion Illnesses

By Carol Griffin

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Fragments of my Life, A Journal About Manic Depression And Its Companion Illnesses was written for people with manic Depressive illness and its companion illnesses. This book offers family and friends a glimpse of life with a brain disease. Carol first knew she was not like other people when she was sixteen years old, however she would not get help until she was forty, despite a family history of mental illness. At the time of her diagnosis the Food and Drug Administration had just approved lithium and life became bearable for her. In 1994 Carol was diagnosed with Attention Deficit Disorder, often a companion to manic depression. She calls the two illnesses the dynamic duo. Despite her illness she worked 24 years in career positions which she picked carefully to fit her illness. Hope and understanding are what this book has to offer. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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