



Living Out of Darkness: A Personal Journey of Embracing the Bipolar Opportunity

By George Denslow

AUTHORHOUSE, United States, 2009. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Clymer opens his heart and bares his soul. He truly is on a mission to ignite a fire in our hearts for personal responsibility of mental health. His life story and wisdom are a true guiding light for all of us still learning to dance with our shadows. He not only shares positive healthy methods for breaking free from a personal hell within, but invites us to dream again while envisioning the possibilities we desire. Clymer acknowledges the dark side, and does not run from it. He has given us a true guide for the mental landscape of heaven and hell. Passion and truth, are like food and water for a bi polar person. With out them we are lost or numb. We really can check out anytime we want. Blow a gasket going high, or sink into the dirt lost forever, but if we stay connected with planet earth and this life what we can do right here right now, then we can have a reason to hang out for longer periods of time in the middle...



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