



Letters From A Bipolar Mother: Chronicles of A Fractured Life (Volume 1)

Alyssa Reyans

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In "Letters of A Bipolar Mother, Alyssa Reyans tells the story she's never been able to tell her children: how she lost them in a battle with her own mental illness. She shares with them - and the world - what the mind of a woman suffering bipolar depression looks like, how the darkness she battled on a daily basis almost won, and how, years later, she found the courage to claw her way out of the abyss. Covering a span of five years, Alyssa Reyans shares both her pain and strength in a struggle against an incurable illness which millions of other women also face.

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