



# **Mike's Story: How I Overcame Depression, Bipolar, OCD, Anxiety and Other Issues Without Drugs**

*Dr. Roland S Trujillo*

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Mike's Story is the powerful personal testimony of someone who overcame mental health and other issues and went on to enjoy a successful, productive life. Mike tells you about his childhood: the traumas, the obsessions and compulsions, his shyness and bipolar. Mike tells you about his twenties: the depression, the doubts and the fears. You will hear him talk about how Zorro and Columbo helped him get through. You'll find out what the Zen Master said. You'll read about Mike's close call with Dr. Rough Handling. Mike loves to philosophize about life, love, and he likes Frank Sinatra too. For each stage of his life he reveals how he moved on and left the issues behind. Mike saves the best for last: How he found his spiritual roots with the help of meditation, a change of heart, a hug and a kick in the pants from God.

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