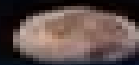


You Me and Apollo Hope Beyond Bipolar Disorder



J.D. Stottlemire

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J. D. Stottlemire



You Me And Apollo Hope Beyond Bipolar Disorder:

You Me and Apollo J. D. Stottlemire, 2008-04 Description Apollo is a message to people in Crisis You are not alone on the mountain The fear does not matter The dark does not matter The despair does not matter All that matters is understanding and making it home alive The fact that we re here today means we re stronger than our depression I don t punish myself for drinking so much and smoking the things I smoked I was doing the best I could at the time I m just glad I found my way to some real help It s not my fault that I have this disease and I ll be damned if I m going to let it kill me Today there is a great deal of hope Originally self published in 2007 by the author About the Author J D Stottlemire is a community activist and poet His life long battle with bipolar disorder and his remarkable return to health give him a unique vision His concern for those who like him carry on the struggle give him a powerful voice As an author Mr Stottlemire s short works have appeared in Tales of the Talisman Anotherrealm and Alienskin magazines among others In addition to You Me and Apollo Hope Beyond Bipolar Disorder he has also published a collection of short stories titled Flash Master and a poetry collection From 2005 2007 he was president of the Topeka Affiliate of The National Alliance on Mental Illness Prior to his time with NAMI Mr Stottlemire was spokesperson for the Unity Blvd movement and an improvisational comedian While he travels and speaks on mental illness he lives within sight of the Capitol Dome in Topeka Kansas with his daughter and a remarkable number of plants

Mental Health Dr. Tapas Kumar Aich, 2023-11-18 Major Dr Tapas Kumar Aich has written many scientific research and review articles in his long academic carrier as a specialist teacher in the field of Psychiatry The present book is a collection of brief write ups which were posted intermittently on a social media platform Target readers for the present book are common people who have some interest in topics related to psychiatry psychology medicine arts and philosophy For the benefit of the readers the book is divided into five chapters creativity and mental health a collection of random thoughts brief essays on various topics on schizophrenia different shades in the clinical presentation of depression and a collection of clinical vignettes in various neuro psychiatric illnesses A special feature of this book is the collection of comments discussion posted by the author s social media friends in many of the write ups Major Dr Aich hopes that the students and people from various strata of life irrespective of their profession and position will accept the book whole heartedly

Goodbye Mom George Staursky, 2004-11 This book is not a biography about a man but rather it is about a Journey This is a Journey through life with this illness Bipolar Disorder and all the dynamics that go along with it This book shows how a man faced the consequences of this disease and all its pain bigotry and anguish but this journey also shows how he defeated the disease This is a book of his Journey through trauma tragedy and recovery This book is a riveting account of that journey It includes others who have suffered the indignities of this illness It brings to life an account of a story that could be written by many different people over time Destroying a life to save the same life could be construed by many as an oxymoron However in this case it fits the scenario perfectly As in the story of Dr Jekyll and Mr Hyde there had to be

destruction of one's inner self to save everyone from the inner demons plaguing Dr Jekyll **Guardian Angel** Dr. Arnold Spero Bisase, 2012-10-19 Each nation has its heroes and its villains And whatever Historians may convey about either it only becomes meaningful to a people when it is told by their own because only they truly value and aspire to uphold and to protect their heritage A people any people stand to prescribe their own extinction once they choose to neglect their heritage The Author of Guardian Angel probes and fathoms this subject challenging the conscience of a people over their heritage the ups and downs which reflect man's aspirations through not just one or two or even three generations but ever because in life nothing stands still life is an endless cycle of happiness and sadness success and failure nobility and improbity The perennial constant in all this is integrity in fortitude Possessing or not possessing it identifies us with our Maker within our heritage

Theatre World 2008-2009 Ben Hodges, 2009-11-01 Scenes from the plays and portraits of leading actors accompany a statistical record of the current season *New Scientist* , 1969

Delve into the emotional tapestry woven by Crafted by in Experience **You Me And Apollo Hope Beyond Bipolar Disorder**. This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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You Me And Apollo Hope Beyond Bipolar Disorder Introduction

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