

Hello, this is SunShine, coming at you with wisps and wonderings of poems, all written on pages of tablets in a state mental hospital and typed up on my relatively inexpensive laptop, the one I bought while living in a van, by city parks and the river. Here, within these pages, discover the thoughts of a modern-day diagnosed young woman with bipolar disorder, committed and locked up for hearing a sole sentence of a voice from God, and well, painting all the apartment walls. Bipolar disorder, commonly known as Manic-Depression, is characterized by extreme changes in mood and behavior. According to the National Institute of Mental Health, bipolar disorder affects 2.6% of the population of the United States, approximately 5.7% million adults. Many bipolar people are extremely creative and excel in the performing arts, music, writing, painting, and photography. I suffered through an episode to find myself homeless, 1700 miles from my home, and broke, and then committed to the state hospital. Poetry has always been a major form of expression for me, words spilling on paper like water from a faucet. One thing we could do to mark our individuality locked up was write, (and crochet of course). I hope Poems from the Heart of Manic Depression are found to be engrossing and entertaining. Indulge in SunShine Artwork/Photography and the work of contributing photographer Aaron to gladden the eye and lubricate the soul. Gone Scooby with a pallet knife and oils. Sunshine

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