



Bipolar: The Demon Inside

Lisa

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Bipolar disorder is a mental illness that affects mood. It is thought to be hereditary and can be a very dark illness, causing fluctuation in moods. Manic episodes cause lack of sleep, continuous energy, reckless behavior and can feel great. It comes in cycles. Depression is the second cycle, causing horrible, dark thoughts that make you feel unworthy of anything. The pain from this part can be so horrible that death seems to be the only escape. And last, but certainly not least, there is the uncontrollable anger, irritability and lack of rationality. There are millions of people that are suffering with this illness. Most do not understand what is wrong with them. Most of the time, people who are in their lives do not want to see that there is something wrong. The end result, with no treatment, is often suicide. This poetry book will hopefully give the reader a glimpse into the mind of someone with this demon inside. I hope it helps people understand what we go through. It is not a way that we choose to be. If you know someone with this illness, now you can look at them and understand that they need support and treatment. Let them know that you are there for them. I hope you enjoy and learn from this book.

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