



It s My Life and I ll Cry If I Want Too: The Diary of a Bipolar Woman (Paperback)

By Kimberly D Holmes

Dog Ear Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sometimes the content is shocking . the sheer passion behind Holmes outrageous but genuine statements . -Kirkus Reviews It s My Life and I ll Cry If I Want Too: The Diary of a Bipolar Woman is a riveting account of one woman s journey through mental illness. It s about the valleys that Kimberly Holmes endured and the mountains that she climbed in order to understand herself and her illness. Kimberly chronicles her tumultuous confrontations with death and heartening resolutions in finding the will to live. She recounts her relationships and there most chaotic outcomes. Kimberly writes openly about her promiscuity, drug abuse, criminal history, and insight into her battle with bipolar disorder--a mental disease that nearly destroyed her life. Kimberly s personal account of her mental illness reveals a stark, realistic view of the disease so that her readers may understand its magnitude. Kimberly Holmes was born in Detroit, Michigan. When she was nine years old, she moved with her parents to San Diego, California. At fifteen, she and her siblings were placed in the state s foster-care system. Despite...



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Reviews

Merely no words to explain. I really could comprehended everything out of this published e ebook. I found out this publication from my dad and i suggested this publication to learn.

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This written pdf is fantastic. It normally is not going to expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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