



Upset

Staursky defeats Flores in Brunswick ward 4 race

By GARY MCLENDARO

BRUNSWICK — George Staursky won the Ward 4 seat Tuesday night in a stunning upset of the incumbent, Anthony Flores. The main issue of the campaign, so far as Staursky was concerned, was the record of Flores.

Staursky said Flores was ahead from too many council meetings and was not representing the ward properly.



Goodbye Mom

*My Bipolar Journey
Through Trauma Tragedy
and Recovery*



George M. Staursky

Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery

Faith Bonyak



Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery:

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

The Reality of Bipolar Disorder Darcie Cooper,2015-10-09 Take hold of your own personal journey Make peace with it Peace is truth If you suffer from bipolar disorder also called manic depression or if you love someone who does then you already know how frustrating and baffling this mental illness can be This book assures you that there is great hope through all of life's circumstances Even though bipolar disorder may put us through extreme challenges each and every day if we are rigorous about taking the right medications and keeping an appropriate lifestyle we can effectively stabilize the disease and choose a good life Darcie Cooper was led by God's Spirit to present her story to others God does not want us to suffer God wants us to know that we do not have to resort to self harm or suicide He is always with us She tells us of her personal journey through life's many obstacles including tragedy loss poor physical health and bipolar disorder Our destinies are different and they call us at different times of our lives but we can learn to flow with what has been given Each person's experience with this disease will be unique but every one of us can find a successful path to staying sane

Remains of a Cloud Ruth Cohen,2010-04 Description My book at the start describes my very young life in Tunisia in North Africa where I was born and lived with my large family There I became aware of a strange sickness on my mom's side and I could not pinpoint it The political events brought us me four siblings and my parents To the other side of the Mediterranean Sea We lived in Paris for four years with a sick mom and a dad who had one ideal to go and settle in Israel eight days in the sea of my childhood and we arrived to the Jewish land This move was an enlightenment for the family even though our economical status did not improve for a long time Still we were happy in the land of milk and honey Already in Paris I did not feel good inside myself an eternal sadness And I did not connect my well being with a maternal illness that seemed to be a chain of depressions where my mom was attached To it was impossible to free her I wanted to understand but as I was so different from my mom I did not and could not see the tie between us The delivery of my older son was the beginning of a journey of thirty years where I was extremely sick not knowing the reason of this malediction I had to know Only after twenty five years I was diagnosed with the sickness called the bipolar disorder And for thirty years in spite of horrendous pains in my body And my soul I took the way of optimism I have totally

recovered from all symptoms of mental illness My book is just about that *Mommy I'm Still In Here* Kate McLaughlin, 2008-03-15 *Mommy I'm Still In Here* clarifies myths and misunderstandings about bipolar disorder through the lives of Kate McLaughlin's two teenaged children and provides vital information to a public frequently misled by sensationalist media and inaccurate Hollywood portrayals This book supports, educates and informs the reader offering hope and encouragement

Bipolar No More Michelle J. Holtby, 2008-09 Memoir of a blessing disguised as a tragedy More than two million Americans have bipolar disorder In her memoir Michelle Holtby tells how the illness ruined and saved her life In May 2001 at age 27 a brain disorder overwhelms her Soon she slips into an alternate reality and believes she's God Hospitalization and a diagnosis of bipolar disorder bring stability But what about recovering How does she learn to live with her mental illness And above all she wants to know why God wrecked her life causing her to lose her career friends and home Over the next 7 years Michelle peers into the cracks of her soul to confront her anguish anger and self loathing Finding new meaning for her life powerfully aids her recovery By extracting healing insights from her wrenching loss she moves forward to wellness But each day she must actively choose to remain in balance It's a constant challenge to push aside the negative voices in her head Every day she consciously embraces hope to ensure continued recovery To help others on their journey to wellness she shares many of her practical self care techniques This memoir is for anyone whose life has been touched by mental illness With candor and bravery Michelle Holtby gives a taut and compelling eyewitness account of living with bipolar disorder Her memoir confronts stigma and replaces it with understanding In overcoming despair she shows how hope and faith endure and guide her recovery

Dark Side of the Mood: A Journey Through Bipolar Disorder to Recovery Sheri Medford, 2015

Cry Depression, Celebrate Recovery Barbara Altman, 2011 Advance Praise for *Cry Depression Celebrate Recovery* This book is a model of hope Growing up with an alcoholic father she struggled with depression eating disorders and psychosis She is a gifted and talented musician with a lovely sense of humor This is the story of one woman who would not take no for an answer She has left no stone unturned in her pursuit of wholeness She has transformed her life with the help of God and many caring people Caroline Penberthy MSW LCSW I love Barbara Altman's book on her recovery from mental illness I'm going to use the book with my clients and I will recommend it to anyone with a mental illness

Marigene DaRusha Minister Center for Spiritual Living Maryland Heights Missouri Barbara Altman has shared the harrowing experiences of her life in a way that sheds light on mental illness and alcoholic family systems and the influence of both on a person's development It also sheds light on the fact that help is often not available to children because adults do not or cannot understand them and tend not to believe them Patricia A Antle MSW LCSW As a child Barbara Altman dreamed of earning a degree in music and becoming a concert pianist Instead at age sixteen she was called to the principal's office labeled schizophrenic and told she'd wind up in a mental hospital if she didn't immediately seek psychiatric help In this memoir Altman describes her battle with mental illness and discusses both traditional and non traditional methods of

treatment Cry Depression Celebrate Recovery narrates Altman's tumultuous journey. At age fifteen the voices in her head became more persistent hope for recovery plummeted. At eighteen she experienced a hideous hallucination her face was distorted eyes at the bottom and mouth at the top ears sitting at strange angles no nose features twisted to the left. At forty three she despaired of finding anyone who had experience with brain abnormalities. More than just a memoir about the struggles involved with mental illness Cry Depression Celebrate Recovery is the story of a family's survival through the trauma of alcoholism and the anguish of anxiety disorder. It tells of God's goodness shining forth in those who devote their lives to helping the mentally ill. It is Altman's story of a transformation from victim to survivor and from mental illness to health.

New Beginnings Faith Bonyak, 2012-03-01 New Beginnings A Bipolar's Journey to Regain Her God Given Identity presents a bird's eye view of the author's life. Faith Bonyak penned this memoir over a seven year period as an overview of her life dealing with bipolar and borderline personality disorder before there was a name for it. The first part of the book is about all the different identities I lived under to help myself deal with the issues I was undergoing. The final part is the journey to my New Beginning. It is all the things I've learned along the way to help me see what God really had planned for me. Faith's story was written to help others overcome what she has experienced. I wanted to show others that you can lead a normal life and have this disorder. I want to be open and honest about how this disorder affects me on a daily basis and how I make my marriage and parenting work even with the limitations it provides to me. Once again I want to show others like me that they're not alone. I've been in their shoes when I've been manic. I understand the physical pain the cycle of depression brings. This is not something to be ashamed of and it's something that can be treated if they let themselves get the help that is out there.

It's My Life and I'll Cry if I Want Too Kimberly D. Holmes, 2017-05-12 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 their 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.

Runaway Mind Maggie Reese, 2012-07-01 What if you always knew you were special and then one day you found that being special wasn't a good thing. In fact it was very very bad. I was a high school cross country track star on a full ride scholarship to the college of my choice when I was hit hard with the most severe form of bipolar disorder manic depressive illness. Little did I know then that the only way my speed was going to help me was to escape from a maximum security mental institution. Bipolar. On one hand the word is loaded with stigma. On the other so many celebrities star athletes and other notable people have it that it's often used as a buzz word on the front pages of newspapers. The fact is over 3% of

people have bipolar disorder and its onset almost always hits during the fragile teenage years My lows took me to the depths of anxiety and pain By comparison my highs seemed magical but how long can you live on 2 hours of sleep a night My poor parents fearing for me and my safety hired bodyguards to try to protect me from myself and the predators who surrounded me One stood by me throughout my long road to recovery He s been my rock for 16 years and my husband for 10 I am sharing my personal story including my shocking extremes of behavior to help other families understand what is happening to their loved ones When my parents tried to understand what was happening to me the only books they found were dry clinical accounts of sad mad lost people not exactly encouraging words for a mom and dad desperately clutching at straws Most people find it hard to believe what I experienced how I managed to survive and how I can be thriving now My story proves that you can go away and come back again and that no matter how bad things look there is hope for a better future

Perfect Chaos Linea Johnson,Cinda Johnson,2025-09-23 The Johnsons were a close and loving family living in the Seattle area two parents two incomes two bright and accomplished daughters They led busy lives filled with music lessons college preparation career demands and laughter around the dinner table Then the younger daughter Linea started experiencing crippling bouts of suicidal depression Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back But her family never gave up on her And Linea never stopped trying to find her way back to them Perfect Chaos is the story of a mother and daughter s journey through mental illness towards hope From initial worrying symptoms to long sleepless nights to cross country flights and the slow understanding and rebuilding of trust Perfect Chaos tells Linea and Cinda s harrowing and inspiring story of an illness that they conquer together every day It is the story of a daughter s courage a mother s faith and the love that carried them through the darkest times

If You Are Struggling Beverly Ann Needham,2019-03-27 If You Are Struggling portrays one woman s courageous journey through bipolar disorder multiple personalities and trauma The author shares how mental illness affected her family and how after 13 years the right medication was never found Her story tells how she survived and what finally helped her to deal with her condition One reader said This is an amazing book for people who have hit rock bottom It s not a text book where somebody says These are the statistics and if you do this then such and such will happen No this is from someone who went through it Mrs Dzebzenko One woman with a Crystal Meth addiction said after reading this book Now I feel there s hope for someone like me if Beverly can get through what she got through then I can get through my stuff too and she recovered Another reader said Thank you for writing this book Now I know I m not alone I can understand my own life better and share my story with more courage Pvt Ben Sullivan U S Army former foster child A California High School Teacher describes this books as A frank eye opening book and the best book on bipolar disorder that I have ever seen It will help a lot of people Jeanette Hill A Marriage and Family Therapist Bud Andreasen describes the book saying Excellent book very insightful Dan Gils a mason and truck driver said I usually don t read books but I stayed up all

night to finish this one It puts into words what all of us feel but none of us know how to express No More Secrets Dave W. Cardwell,2002-05-01 The Upside of Bipolar Michelle Reitinger,2024-10-30 Mom I m so scared I think my brain is

breaking When Michelle Reitinger was diagnosed with bipolar disorder at twenty four she eagerly sought psychiatric help only to find herself on a harrowing rollercoaster of erratic mood swings multiple psychiatrists and a cocktail of psychiatric drugs Her struggles led to a devastating breakdown numerous hospitalizations and suicide attempts Overwhelmed by hopelessness she believed that her family her husband and young children would be better off without her But then a glimmer of hope appeared Michelle discovered the crucial first step toward recovery and through relentless effort crafted an integrated research based treatment plan that ultimately led to her complete recovery The Upside of Bipolar offers a raw and courageous account of Michelle s transformative journey to full recovery and provides a clear actionable blueprint of the integrated treatment model that can guide others toward healing My Journey Back To Myself Lynn Rae,2017-07-12 My Journey Back To Myself is a story of one woman s search for answers in her quest to learn to manage bipolar disorder Lynn Rae takes you on her journey of the highest of highs of mania and the lowest of lows of depression She gives hope to everyone suffering with bipolar disorder that this illness can be managed successfully through perseverance and hard work

Bipolar Girl: My Psychotic Self Maricela Estrada,2017-08-24 Maricela Estrada was raised in East Los Angeles by her widowed traditional Mexican mother The author felt depressed most of her life and missed having a father Her first suicide attempt happened at age 14 and she survived multiple suicide attempts After high school Maricela had a psychotic episode and was admitted into a psychiatric hospital where she was diagnosed with bipolar disorder with psychotic features She felt stigmatized and was in denial about her mental illness Accepting it was the hardest thing she has ever done But once she accepted it her life changed in a beautiful way allowing her to accomplish all her goals and embrace a beautiful life Maricela s mental health recovery came through medication therapy attending support groups prayer emotional support from family and friends and her emotional support dog Gypsy Blue Bipolar Girl is an inspiring story of one woman s journey through mental health recovery This memoir demonstrates the true meaning of hope resiliency and faith and it will touch many people s lives What's Behind the Smile? Nancy McCurdy Montagna,2013-12 What s Behind the Smile My Journey With

Bipolar Disorder is a must read for those who have someone in their lives suffering from mental illness Written with a burning passion to provide help to the helpless and hope to the hopeless Nancy s inspirational journey of her own recovery from bipolar disorder is moving encouraging and enlightening Mental Illness is not a death sentence It is not a curse and can become a blessing to help others with similar issues Nancy s story of recovery as she facilitates educational peer support groups and makes inspirational speeches has helped hundreds of people with a diagnosis of mental illness live the best life they possibly can with the symptoms that they may have Nancy offers hope to family members and provides insight to clinicians and mental health professionals helping them to see the person beyond the illness This is Nancy s story **Words**

with My Father Lowell Klessig, Lukas Klessig, 2023-04-25 Words With My Father tells the story of my father's younger years and his journey through the turbulence of the Vietnam War and Civil Rights eras and his own significant bipolar disorder. It describes his struggle but also the life strategies and mindsets he developed to manage his disease. Each of his sections are followed by a section of reflection by me, his son Lukas Klessig.

A Poetic Journey Tina Kaye Hoyer, 2011-04-13 I look in the mirror and what do I see? The vision unravels of what is to be. The shell of a woman whose life has been taken away. What does it mean to look forward to a new day? Take me away from the life that I lead. All I feel is the need to bleed. The desire to see red is like hunger or greed. Unzip my skin and set my heart free. Is there such a thing as a happy me? Or carrying this burden will I always be. From fleeing for her life from a crazed boyfriend to an accidental overdose of prescribed medications and not to mention a life-threatening cutting disorder and eight stays in mental institutions, Tina has overcome monumental obstacles to get to where she is now. Her goal with this book is to inspire and to help others with Bipolar Disorder realize each has different challenges but all can be managed with the proper amount of drive, persistence, and desire to do so. In this book, her poetry tells the traumatic story of her battle back to reality from her living hell with all the raw emotion she was feeling along the way. Tina opens her heart and soul and pours it out before you in these pages through her intense gut-wrenching poems. You will follow Tina on her journey as she describes to you through her poetry what it took to return to reality. Through them, you get close insight into how the Bipolar mind works as it goes from extreme agitation to complete hopelessness and then to a manic euphoria. We hope that you will not only enjoy this book but will learn from it as well.

My Bipolar Life Jane S, 2017-11-26 THE CHALLENGE OF LIVING LIFE AS BOTH A BIPOLAR AND AN ALCOHOLIC. Jane S is one of the 60 percent or more of manic-depressive persons severely bipolar who are also alcoholics. Her bipolar life story covers forty-seven years of sobriety and forty-five years on lithium therapy, how her illnesses have interacted and particularly how much of the shape of her life and her achievement of her life's goals, including for the last forty-seven years, sobriety has been shaped by her bipolarity. This book is important reading for those dealing with manic depression, either in those close to them or in themselves, and even more for those who suffer from both of Jane's diseases. Her memories include literally the good: paying cash down for her first Mustang, though that was because she didn't know how to work a bank account; the bad: the sailboat she was on being boarded by the Coast Guard off Maryland and the ugly hearing her head being dribbled like a basketball outside her side room in the hospital; and the very good: the white light dream that began her recovery from alcoholism. She is believed to have been on lithium therapy for her condition longer than anyone else in the United States.

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Table of Contents Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery

1. Understanding the eBook Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - The Rise of Digital Reading Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Advantages of eBooks Over Traditional Books
2. Identifying Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery

- User-Friendly Interface
- 4. Exploring eBook Recommendations from Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Personalized Recommendations
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery User Reviews and Ratings
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery and Bestseller Lists
- 5. Accessing Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery Free and Paid eBooks
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery Public Domain eBooks
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery eBook Subscription Services
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery Budget-Friendly Options
- 6. Navigating Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery eBook Formats
 - ePub, PDF, MOBI, and More
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery Compatibility with Devices
 - Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Highlighting and Note-Taking Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Interactive Elements Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
- 8. Staying Engaged with Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
- 9. Balancing eBooks and Physical Books Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Setting Reading Goals Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery

- Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Fact-Checking eBook Content of Goodbye Mom My Bipolar Journey Through Trauma Tragedy And Recovery
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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