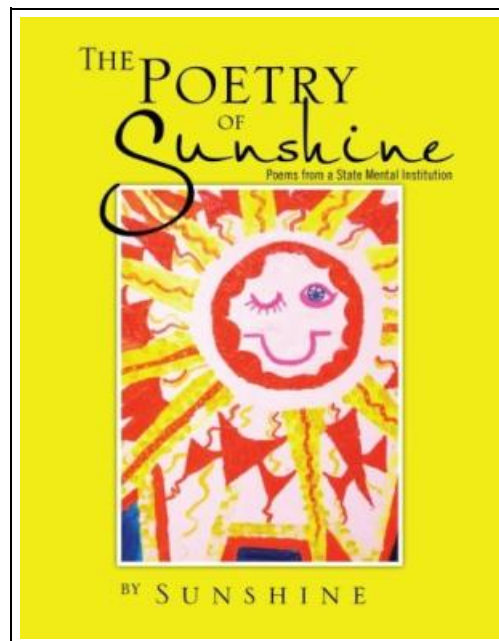


The Poetry of Sunshine: Poems from a Mental Institution (Paperback)



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Reviews

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(Saul Mertz)

THE POETRY OF SUNSHINE: POEMS FROM A MENTAL INSTITUTION (PAPERBACK)



Trafford Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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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