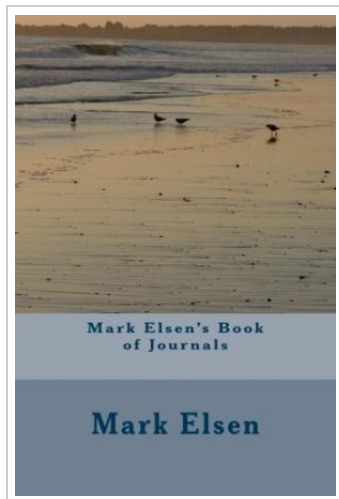




Mark Elsen's Book of Journals

By Mark Elsen

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I have now made it out of the Minnesota security hospital. It took me two years and a month to make it out of that building. I went through a lot of trials and tribulations. I have grown a lot mentally since the beginning of my stay at the hospital. I m now transitioning back out into the community. A lot has changed since the beginning of my stay and I tend to keep it that way. I ve admitted that I m an alcoholic and that I m going to stay on the medication that is prescribed for my Bi Polar. I respect myself and others a lot more and have a healthy respect for life in general. I m looking forward to the future and am not going to dwell on the past and let it run me down. I have learned to live one day at a time and appreciate life for what it is. I expect road bumps in the future and am more ready to deal with them with my coping strategies. Hopefully...

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