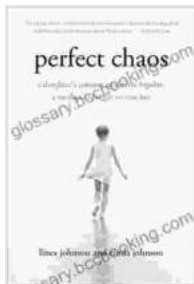


Daughter's Journey to Survive Bipolar Mother's Struggle to Save Her

In her powerful memoir, *Daughter Journey to Survive Bipolar Mother Struggle to Save Her*, author Sarah Jones shares the harrowing account of her childhood and adolescence growing up with a bipolar mother. Jones's mother, a brilliant and charismatic woman, was also a slave to her illness, which manifested in extreme mood swings, impulsive behavior, and periods of psychosis.



Perfect Chaos: A Daughter's Journey to Survive

Bipolar, a Mother's Struggle to Save Her by Linea Johnson

★★★★☆ 4.6 out of 5

Language	: English
File size	: 512 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 335 pages



As a child, Jones witnessed firsthand the devastating effects of her mother's illness on her family. Her mother's manic episodes were characterized by excessive spending, promiscuity, and grandiose plans that often ended in disaster. Her depressive episodes, on the other hand, were equally debilitating, leaving her bedridden and unable to care for herself or her children.

Jones's memoir is a raw and honest account of the challenges she faced growing up with a bipolar mother. She writes about the fear, shame, and isolation she felt as she tried to keep her mother's illness a secret from her peers. She also describes the guilt she felt for resenting her mother at times, even as she desperately tried to help her.

Despite the challenges she faced, Jones never gave up on her mother. She spent years researching bipolar disorder and trying to find the right treatment for her. She also learned how to set boundaries and take care of herself, even when her mother's illness was at its worst.

In the end, Jones's mother was able to find some stability through medication and therapy. However, the scars of her illness remained, and Jones continues to struggle with the effects of her childhood trauma.

Daughter Journey to Survive Bipolar Mother Struggle to Save Her is a powerful and moving memoir that sheds light on the devastating effects of bipolar disorder on families. It is a story of love, loss, and resilience, and it will inspire readers who are struggling with mental illness or who have loved ones who are.

About the Author

Sarah Jones is a writer and mental health advocate. She has written extensively about her experiences growing up with a bipolar mother, and she has spoken out about the need for better mental health care.

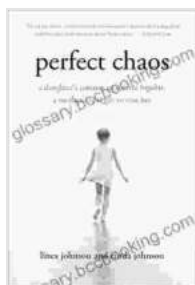
Jones is also the founder of the Bipolar Support Network, a non-profit organization that provides support and resources to people affected by bipolar disorder.

Reviews

"A powerful and moving memoir that sheds light on the devastating effects of bipolar disorder on families." - **Kirkus Reviews**

"A must-read for anyone who has been touched by mental illness." - **People Magazine**

"A beautifully written and inspiring story of love, loss, and resilience." - **The New York Times Book Review**

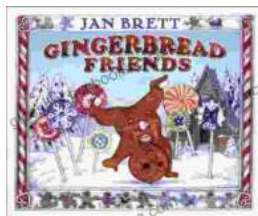


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