



## 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 Tr

**Lizzie Simon**



## **Goodbye Mom My Bipolar Journey Through Trauma Tr:**

*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 Forthcoming Books Rose Arny, 2002 Remains of a Cloud Ruth Cohen, 2010-04 Description My book at the start describes my very young life in tunis in northAfrica where i was born and lived with my large family There I became aware of a strange sickness on my mom side and i could not pinpoint it The political events brought us me four siblings and my parents To the other side of the mediteranean 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 *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

**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 Dzebenko 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

*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 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

**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      *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 hopethrough all of lifes 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 Gods 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 lifes many obstaclesincluding 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 persons experience with this disease will be unique but every one of us can find a successful path to staying sane      *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      *Up Then Down Then* Pat Taylor,2025-04-14 When author Pat Taylor was only fourteen her mother died unexpectedly Now the woman of the house Pat was responsible for the household chores caring for her brother and working at her father s shop Even after relatives stepped in to help nobody understood Pat s inner turmoil her harrowing grief and developing mental illnesses As she grew up had a family of her own and a career she loved Pat was in and out of hospitals specifically psych wards Doctor after doctor diagnosis after diagnosis nothing seemed to have a lasting positive effect Thirty eight years

after her mother's death Pat finally received the correct diagnosis bipolar disorder *Up Then Down Then My Long Journey Through Bipolar Disorder* is a memoir spanning over seventy years from Pat's childhood to the present day With candor and humour she shares her struggles with mental health Canada's medical system and staying alive Her story offers a glimpse into the roller coaster ride that is mental illness With every low comes a high but after years of resilience and finally finding the right support Pat found balance and hopes to help others find their balance too As mental illness continues to be misunderstood and stigmatized *Up Then Down Then* gives a nuanced perspective The more we read stories like Pat's the more support we can provide to those in need And the more we understand that we're not alone on our mental health journeys

**Blinded by Hope** Meg McGuire, 2025-07-30 One day a teenage boy gets on his bike and rides forty miles up California's Pacific Coast Highway to avoid causing an earthquake he fears will endanger his mother and sister But the quake he is experiencing is not coming from beneath the earth it's the onset of bipolar illness *Blinded by Hope* describes what it's like to have an unusually bright creative child and then to have that child suddenly be hit with an illness that defies description and cure Over the years McGuire attributes her son's lost jobs broken relationships legal troubles and periodic hospitalizations to the manic phase of his illness denying the severity of his growing drug use but ultimately she has to face her own addiction to rescuing him and to forge a path for herself toward acceptance resilience and love A wakeup call about the epidemic of mental illness substance abuse and mass incarceration in our society *Blinded by Hope* shines a light on the shadow of family dynamics that shame ignorance and stigma rarely let the public see and asks the question How does a mother cope when love is not enough

**Runaway Mom** Maggie Reese, 2017-12-07 Maggie Reese was stricken with the most severe type of bipolar disorder and her life fell into utter chaos She had to be committed to a psychiatric hospital but eventually she overcame her challenges and became a happily adjusted adult married to the love of her life and leading a good life This story is chronicled in her first book *Runaway Mind* And then she got pregnant Which she wasn't supposed to do Bipolar I and motherhood are a dangerous combination Everyone including her doctors and her family warned her not to have children But Allison had other plans Shortly after giving birth Maggie spiraled into as rough a psychotic break as you can imagine She lost all touch with reality putting her newborn baby herself and everyone around her into danger *Runaway Mom* My Sanity after Bipolar Induced Postpartum Psychosis is Maggie's hard earned story of recovery from her devastating postpartum break The highs and lows of Maggie's story will take your breath away The lessons learned will inspire all moms with baby blues bipolar depression or any kind of mental illness Hope is real and happiness is possible

**Bipolar Faith** Monica A. Coleman, 2022-02-08 Overcome with mental anguish Monica A Coleman's great grandfather had his two young sons pull the chair out from beneath him when he hanged himself That noose remained tied to a rafter in the shed where it hung above the heads of his eight children who played there for years to come As it had for generations before her a heaviness hung over Monica throughout her young life As an adult this rising star in the academy saw career successes often

fueled by the modulated highs of undiagnosed Bipolar II Disorder as she hid deep depression that even her doctors skimmed past in disbelief Serendipitous encounters with Black intellectuals like Henry Louis Gates Jr Angela Davis and Renita Weems were countered by long nights of stark loneliness Only as Coleman began to face her illness was she able to live honestly and faithfully in the world And in the process she discovered a new and liberating vision of God Written in crackling prose Monica's spiritual autobiography examines her long dance with trauma depression and the threat of death in light of the legacies of slavery war sharecropping poverty and alcoholism that masked her family history of mental illness for generations

**Bye-Bipolar, Life Ain't Over** Syles C. Smythe, 2016-07-21 Why read a book when the book can read to you This book just doesn't explain in dry unpronounceable language what having bipolar disease is it takes you through the various labyrinthine dimensions of it through stories and poems and back out the other side to peace and even contentment with the challenges the author has faced in her life fought and won with the victory of life over an inevitable permanent institutionalization like her biological grandfather or a premature death from the devastating effects of this illness The purpose of this book is to bring hope to all who suffer mental illness and feel like there is no way out Detour Lizzie Simon, 2003-06-18 In the fall of 1999 23 year old Simon hit the road on a journey that took her across the United States Her inspired interviews with other young men and women suffering from manic depression comprise the heart and soul of this remarkable memoir Picking Up The Broken Pieces Arielle Bradberry, 2020-09-18 An honest and inspiring memoir of a young woman battling psychosis depression and anxiety The story is of a woman who experiences mental health brought on by stress A candid and intimate retelling of her breakdown and her memories and experiences of her times in a mental health facility Read the journal of her inner thoughts while in the mental health facility and after With medical intervention and the love and support of her family and fianc she finds a way to manage and live with mental illness Learn the importance of self care and what you can do to help yourself or a loved one going through mental illness The story is written with the hope that others might be able to relate to some of her experience and know that they are not alone The stigma of mental illness needs to be broken and people need to start talking about how they really feel *Speaking from Within* Wanda Jean Bennett, 2011-10 I was diagnosed with Bipolar1 when I was twenty six Every doctor I saw said the symptoms were began playing out as early as my teen years I have been hospitalized twenty six times over the course of twenty five years I am now fifty two years of age and I am very much afflicted with my disease I struggle daily with depression The manic part of my illness rarely shows its face any more My Bipolar has been a living hell I have learned many coping skills but at times it's just not enough I started cutting in my twenties but can look back in my teen years and see where self harm displayed itself There were times I pulled my hair out of frustration there was sticking and scratching with straight pins and paper clips which in my early years led to hot curling irons glass razor blades When things would overwhelm me or when I would feel so numb because of depression this would be when I would self harm it would give me a release from my pain I found out that mental

illness Bipolar Major Depression and nerve problems went back three generations on my mother s side of the family as it is a genetic disorder Most of my journal writing became more expressive through poetry the majority if which was written during my dark times When the darkness of depression falls upon you all the fears of your emotions come pouring out I don t want to belittle my family any more than I have to Just remember the feelings I talk about in my poetry came through a child s eye and a child wounded by thing she did not understand These are my emotions as I felt them Parents that s why you should be careful with the environment you raise your children in they see and hear more than you think with very little understanding After a while they will stuff their fears in what can be harmful ways

**Can You Hear the Music?** Ann E. Jeffers,2023 Ann Jeffers has it all a devoted partner a child who adores her and a successful career as a tenure track professor in a top ranked engineering program at the University of Michigan Following her diagnosis of bipolar disorder her world shatters The bipolar disorder is complicated by the trauma she carries from the Virginia Tech shooting resulting in a perfect nightmare each time she steps foot in the classroom She embarks on a journey in search of the right medications and therapy holding on to the hope that something must be able to help her feel normal again But despite her best efforts she suffers debilitatingly low depressions and dangerously high manias peppered with delusions and hallucinations In a race against time Ann strives to attain stability before her illness takes over completely Through Ann s journey we learn perseverance the power of love and the healing that can take place when the stigma of mental illness is overcome Back cover *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



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## **Table of Contents Goodbye Mom My Bipolar Journey Through Trauma Tr**

1. Understanding the eBook Goodbye Mom My Bipolar Journey Through Trauma Tr
  - The Rise of Digital Reading Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Advantages of eBooks Over Traditional Books
2. Identifying Goodbye Mom My Bipolar Journey Through Trauma Tr
  - 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 Tr
  - User-Friendly Interface
4. Exploring eBook Recommendations from Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Personalized Recommendations
  - Goodbye Mom My Bipolar Journey Through Trauma Tr User Reviews and Ratings

- Goodbye Mom My Bipolar Journey Through Trauma Tr and Bestseller Lists
- 5. Accessing Goodbye Mom My Bipolar Journey Through Trauma Tr Free and Paid eBooks
  - Goodbye Mom My Bipolar Journey Through Trauma Tr Public Domain eBooks
  - Goodbye Mom My Bipolar Journey Through Trauma Tr eBook Subscription Services
  - Goodbye Mom My Bipolar Journey Through Trauma Tr Budget-Friendly Options
- 6. Navigating Goodbye Mom My Bipolar Journey Through Trauma Tr eBook Formats
  - ePub, PDF, MOBI, and More
  - Goodbye Mom My Bipolar Journey Through Trauma Tr Compatibility with Devices
  - Goodbye Mom My Bipolar Journey Through Trauma Tr Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Highlighting and Note-Taking Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Interactive Elements Goodbye Mom My Bipolar Journey Through Trauma Tr
- 8. Staying Engaged with Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Goodbye Mom My Bipolar Journey Through Trauma Tr
- 9. Balancing eBooks and Physical Books Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Goodbye Mom My Bipolar Journey Through Trauma Tr
- 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 Tr
  - Setting Reading Goals Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Goodbye Mom My Bipolar Journey Through Trauma Tr
  - Fact-Checking eBook Content of Goodbye Mom My Bipolar Journey Through Trauma Tr
  - 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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his life s work at the prestigious ritz carlton hotel in marina del rey but sadly on october 18th 1997 vince gironda the iron guru passed away from suspected choking and heart failure after his death the party was

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