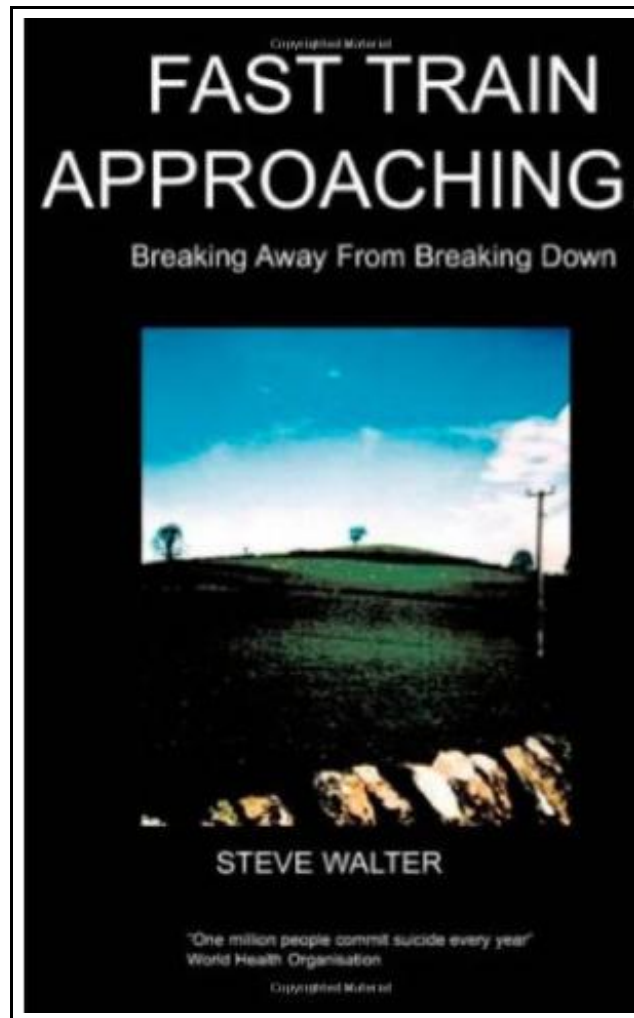


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Chipmunkpublishing, United Kingdom, 2007. Paperback. Book Condition: New. 203 x 127 mm. Language: English Brand New Book ***** Print on Demand *****. Breaking Away From Breaking Down By Steve Walter ISBN: 9781847470911 Published: 2007 Pages: 171 Key Themes: manic depression, bi-polar disorder, breakdown Description FAST TRAIN APPROACHING. is a novella length autobiographical story of breakdown and survival. The text is interspersed with poems, which represent a form of compressed experience and a thread of continuity throughout the book. FAST TRAIN APPROACHING. is a frank and open account spanning the decade from Steve s first breakdown in 1997 (when he was diagnosed with bipolar affective disorder) to the present day. This is a confessional book, in many places raw, honest, and in parts shocking. It traces the circumstances and thoughts that contributed towards Steve s breakdown, through illness, losing touch with reality, to returning to whatever normality is. This book challenges common perceptions of mental illness and demonstrates how very real the experience of delusions can be. About the Author Steve Walter has written this story, not only because it is therapeutic, but also because he knew that other people often like to read and to understand someone else s experience, to help make sense of their own, or of problems experienced by those close to them. He also thinks it is important to talk about the issues surrounding mental ill health, in the interests of crushing stigma. Too often the experience and effects of depression, mania, delusions, are hushed up or result in unfair treatment and discrimination. Mental health problems are often treated as if there s been a death in the family. People avoid talking about them. In FAST TRAIN APPROACHING.Steve offers people an insight into his thinking, his emotions and, with the detail of the actual medical reports,...

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