



# Ups and Downs, Brightness and Darkness: A Glimpse Into My Life as a Manic Depressive

*Ms Dee Warrington*

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About This Book This book gives a true depiction of Warrington's life. Most say that those from dysfunctional families never have a chance in life. Warrington was one born of a dysfunctional family and she faced many challenges. Fears and anxieties plagued her throughout her childhood causing her to feel that no one would ever love her. She found herself trying to attach herself to anyone who showed any type of affection towards her. However, she vowed that she would never let anyone treat her like her dad treated her mom, but ironically, that's the kind of men she always attracted. How was she to turn her life around? After many years of not resolving her issues (family relationships, introversion, sexuality, friendships), Warrington found herself in a mental institution at the tender age of 27. While there, she was forced to face many of the problems that she was so good at avoiding. This book shows how she overcomes her obstacles and ends in the culmination of a successful life, love and forgiveness. After reading this memoir, you will come to believe that your life can be transformed into what you have always dreamed it to be!

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