



## Two Sides of a Bi-polar Survivor

*Anastasia Cassella-Young*

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## **Two Sides of a Bi-polar Survivor** Anastasia Cassella-Young

Anastasia Cassella-Young's book, 'Two Sides of a Bi-Polar Survivor' shares the promiscuousness and manic side of a bi-polar survivor & the depressive, suicidal side. Read about the pendulum of happy & sad times as this illness rears its ugly head. The situations described herein are real. She can't and won't allow them to happen to her again. Not everyone survives this illness; because as hard as it is to diagnose it is even harder to live with. You must read about Ana's life to appreciate what she & other survivors endure. What exactly is a "survivor"? Many, many families deal with this with loved ones in their lives. The illness not only takes a toll on its intended victims, but on the family and friends as well. Not everyone with this illness is a survivor. Many survivors will acknowledge that what Ana has gone through they too have experienced. Are you a "survivor" or do you know of one?

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