



# At the Corner of Hope and Fate: A Year in the Mind of a Manic Depressive

*Gregg Gay*

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Follow me as I journey through my first year after being diagnosed with Bipolar Disorder. Based on journal entries, follow the ups and downs of my deepest experiences, thoughts and feelings. In the hope that this book will help others with mental illness, their loved ones and professionals, experience my movement from crisis through recovery to acceptance.



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