

Of the estimated 20 million people who experience depression or bipolar disorder, only one who has personally battled the storm of emotions that rage inside our heads can truly understand and identify with the pervasive darkness that depression unleashes on us; or comprehend the strength demanded of us to persevere.

This is the story of one woman's struggle with depression, and ultimately bipolar disorder. It is a story replete with discouragement, fear, and sometimes, defeat.

Depression and bipolar disorder are immeasurably isolating to anyone cursed with either. Though we've come a long way in attempting to eliminate the stigma attached to what most people perceive as "mental illness," it is an ongoing necessity that those not afflicted can at least partially comprehend its magnitude and not stand in judgment of something they do not understand.

Giving up has at times seemed like the only solution; but with persistence and determination we can do more than simply survive. We can enjoy living again. It is possible. There is hope.



Lora Inman is an inspirational writer and speaker who has spoken to support groups on behalf of the National Alliance for the Mentally Ill in the Chicago area. She communicates her message from the heart because she writes and speaks from experience. She has suffered from depression, and ultimately bipolar disorder, for years before finding a treatment that has relieved her of symptoms since 2002. She and her husband, Michael, live in Jacksonville, Florida and Kirkland, Washington.

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A Memoir of Surviving  
Depressive Illness

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