

A Collection Of My Thoughts (volume 2) - Anna Ballard

A COLLECTION OF MY THOUGHTS (PART 2)

LIVING WITH MENTAL ILLNESS



BY ANNA BALLARD

'One million people commit suicide every year'
The World Health Organization

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Description This book of poetry covers the period from September 2004 to February 2007. In the most part it is a record of the thoughts I have had about life with a particular emphasis on the last 10 years during which time I have suffered from manic depression / bi-polar disorder. What prompted me to start writing was a change in antidepressant, which I believe stimulated the creative part of my brain (the right hemisphere) that wasn't being used before. The effect was quite dramatic and within a week of starting on the new drug I began to churn out my thoughts as poetry. I had never written anything before but what initially started out as a whim rapidly turned into something more substantial. At my peak I was composing one or two poems a day but this has now moderated and I only write when something new happens in my life that I want to document it.

Anna Ballard About the Author I was born and brought up in the Vale of Evesham, in the heart of England. As the youngest of four children (I have three older brothers) I was some what spoiled particularly by my father. It was after the birth of my second child that I started to have mental health problems. Firstly I was diagnosed with post-natal depression but this soon turned into clinical depression and in 2000 I suffered a 'nervous breakdown'. I was sectioned under the

Mental Health Act and detained in hospital for many weeks. The road to recovery has been a bumpy one but my illness is now well managed with drugs and psychological backup. My research work has been curtailed but I am still employed in a hospital environment and I get a lot of job satisfaction from helping others. Recently I have started to give back to the system from which I have taken so much by sharing my poetry with other sufferers. I hope that what I have done will enlighten and inspire you the reader. Author: Ballard, Anna Publisher: Chipmunkapublishing Illustration: N Language: ENG Title: A Collection of My Thoughts (Volume 2) Pages: 00000 (Encrypted PDF) On Sale: 2008-01-23 SKU-13/ISBN: 9781847471727 Category: Poetry : General Category: Psychology : Mental Health

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