



Bi-Polar Dreams

Frederic Benson

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By Frederic Benson

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Pages: 230

Key Themes: bi-polar disorder, manic depression, poetry

Description

This book comprises of creative poems and coherent prose, which give you an honest insight into manic depression. This book is a very honest, real and therefore a, sometimes disturbing account of bi-polar disorder. It gives you an emotive insight into Frederick Benson's life.

About the Author

Frederic Benson has written this book as a form of empowerment. His manic depression is expressed in a frank way to give you a clearer understanding of mental illness. It is a combination of fiction and non-fiction.

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