



Lithium Realm: My Bipolar Hell

Ashlynn Stone

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This is a true story. Living undiagnosed with bipolar and general anxiety disorder her entire life, Ashlynn Stone quickly spirals out of control at the same time her popularity in the new club she and her husband joined, soars. The close relationship she had with her family is gone. Her once impeccable reputation at work is now tarnished and the loving relationship she had with her husband hangs by a thread. Fighting for her sanity, she turns to drugs and a friend who only causes more damage. Will her wild and carefree ways cause her to lose it all? Will her marriage to Seth last? Will she find the help she needs? Join Ashlynn as she opens up and shares her deepest secrets, ones her family has yet to learn. Share her darkest moments and ugliest times. She discusses her drug use, the hell her family put her through and intimate moments about her and her husband's lifestyle as swingers. If you or someone you know suffers from bipolar disorder or general anxiety disorder, this book will give you hope.

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From reader reviews:

Cory Kyle:

Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, likely to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Lithium Realm: My Bipolar Hell can be excellent book to read. May be it might be best activity to you.

Christine Hook:

The actual book Lithium Realm: My Bipolar Hell has a lot info on it. So when you read this book you can get a lot of advantage. The book was compiled by the very famous author. Mcdougal makes some research before write this book. This kind of book very easy to read you can find the point easily after reading this book.

Scott Foust:

That reserve can make you to feel relax. That book Lithium Realm: My Bipolar Hell was colorful and of course has pictures around. As we know that book Lithium Realm: My Bipolar Hell has many kinds or style. Start from kids until youngsters. For example Naruto or Private eye Conan you can read and think that you are the character on there. Therefore not at all of book tend to be make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book for you and try to like reading that will.

John Smithers:

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