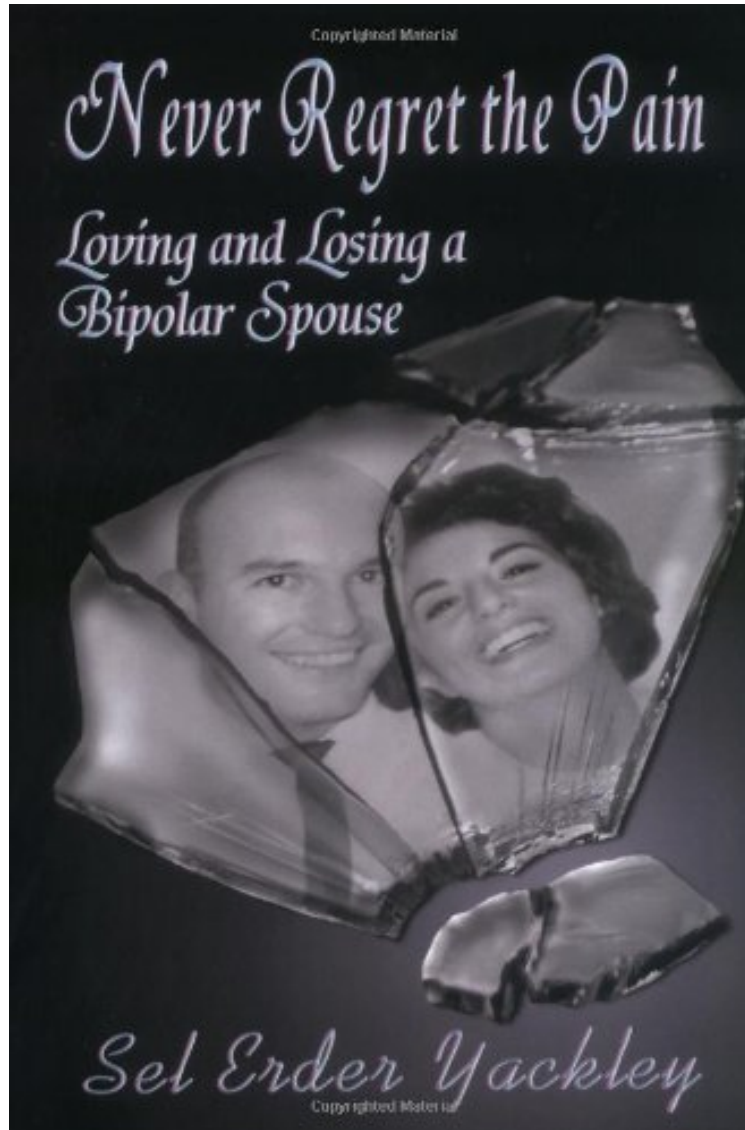


[PDF] Never Regret the Pain: Loving and Losing a Bipolar Spouse

## Never Regret the Pain: Loving and Losing a Bipolar Spouse

*Sel Erder Yackley*

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**Sel Erder Yackley : Never Regret the Pain: Loving and Losing a Bipolar Spouse** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Never Regret the Pain: Loving and Losing a Bipolar Spouse:

0 of 0 people found the following review helpful. Wonderfully enlightening By rose Families and individuals struggling to understand the mental anguish and effects of bi-polar disorders will find this book extremely helpful. Sel talks candidly about her personal struggle with her husband's undiagnosed condition and the resulting fall-out when suicide occurs. The book invites readers to follow her personal journey to understand and cope with this devastating disease. I

highly recommend this book and the list of helpful resources at the conclusion provides wonderful references for those searching for information. Very rarely are authors willing to open their hearts so fully to strangers looking for answers. Sel's story provides readers with a richness that is honest and inspirational. I admire her courage and willingness to share so that others may learn. Incredible. 0 of 0 people found the following review helpful. Five Stars By Larry Lorenz A sad recounting of a brilliant man's depression and ultimate suicide. 1 of 1 people found the following review helpful. Courage in the face of adversity By BlueStalking There should be a special category of "good karma" to include those who bare their own souls in order to help others going through similarly difficult times. That is such an honestly empathetic gesture, laying out your life, horrible times and all, so that others will see themselves in it, and see that you've survived so perhaps they can, too. I had the pleasure of meeting Sel Yackley this week, and over the past couple of days I read her book. To call it riveting seems somehow wrong, as that has a voyeuristic implication to it. But it was utterly fascinating getting a glimpse inside the world of bipolar disorder, learning more about it and how it affects the lives of everyone around the person battling it. The book illustrates strength and courage in the face of adversity. I think it has the potential to be life-changing for anyone going through a similar situation. I applaud Sel's courage, in telling her story. I hope many people will be helped by her story, and that her kindness will reflect back on her a thousandfold.

"I've learned from the experience of loving and losing a bipolar spouse that mental illness is a psychological and a physiological disorder. It can disturb a person's ability to think, feel, and relate to others and to his environment. A person with serious mental illness needs quick, accurate diagnosis and treatment with medication as well as psychotherapy. He or she cannot cure or control it through will power or a change in lifestyle. Mental illness is a chronic ailment like diabetes or multiple sclerosis and must be accepted as such without a stigma -- and it must be treated. I've learned that bipolar disorders are often triggered by a crisis such as the murder trial that preceded Frank's illness." The author combines the observational skills of a journalist, the love of a mother, and the grief of a wife in this gripping tale of what happens to a family when one member suffers from bipolar disorder. Inner guilt and torments are the center of this compelling story with lessons for all of us.