



You, Me and Apollo: Hope Beyond Bipolar Disorder

J. D. Stottlemire

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Description

"Apollo" is a message to people in Crisis: "You are not alone on the mountain." "The fear does not matter. The dark does not matter. The despair does not matter. All that matters is understanding, and making it home alive." "The fact that we're here today means we're stronger than our depression." "I don't punish myself for drinking so much and smoking the things I smoked. I was doing the best I could.at the time. I'm just glad I found my way to some real help." "It's not my fault that I have this disease and I'll be damned if I'm going to let it kill me." "Today there is a great deal of hope."

Originally self published in 2007 by the author.

About the Author

J.D. Stottlemire is a community activist and poet.

His life long battle with bipolar disorder and his remarkable return to health give him a unique vision. His concern for those who, like him, carry on the struggle, give him a powerful voice.

As an author, Mr. Stottlemire's short works have appeared in "Tales of the Talisman," "Anotherrealm" and "Alienskin" magazines among others. In addition to "You Me and Apollo: Hope Beyond Bipolar Disorder" he has also published a collection of short stories titled "Flash Master" and a poetry collection.

From 2005 - 2007 he was president of the Topeka Affiliate of The National Alliance on Mental Illness.

Prior to his time with NAMI, Mr. Stottlemire was spokesperson for the "Unity Blvd." movement and an improvisational comedian. While he travels and speaks on mental illness, he lives within sight of the Capitol Dome in Topeka, Kansas with his daughter and a remarkable number of plants.

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