



# Journey to Wisdom: Bipolar Reflections

*Cynthia J Weston*

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## **Journey to Wisdom: Bipolar Reflections** Cynthia J Weston

Journey to Wisdom is a unique book of poetry describing one woman's journey through the depths of depression and the creativity of mania, a book of emotions and few events. Its goal is to provide the reader, both those afflicted with bipolar disorder and their friends and relatives, with the opportunity to comprehend the inexpressible endurance that is required to "come out on the other side." The book reflects the despair and the hope that can exist on the journey to wisdom.

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