



# Goodbye Mom: My Bipolar Journey Through Trauma Tragedy and Recovery

*George Staursky*

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## **Goodbye Mom: My Bipolar Journey Through Trauma Tragedy and Recovery** George Staursky

This book is not a biography about a man, but rather it is about a Journey. This is a Journey through life, with this illness, Bipolar Disorder, and all the dynamics that go along with it. This book shows how a man faced the consequences of this disease, and all its pain, bigotry and anguish, but this journey also shows how he defeated the disease. This is a book of his Journey through trauma, tragedy, and recovery. This book is a riveting account of that journey. It includes others who have suffered the indignities of this illness. It brings to life an account of a story that could be written by many different people over time. Destroying a life to save the same life could be construed by many as an oxymoron. However, in this case, it fits the scenario perfectly. As in the story of Dr. Jekyll and Mr. Hyde, there had to be destruction of one's inner-self to save everyone from the inner-demons plaguing Dr. Jekyll.

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#### **Wilson Gonzalez:**

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