



In Search of a Vivid Blue: How a diagnosis of schizoaffective disorder doesn't mean the end of a functional life.

Mark R Magnant

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In search of a Vivid Blue is a captivating look into the life of one man living with the diagnosis of schizoaffective disorder, PTSD, and OCD. Part memoir, part self-help book, and is an intensely personal series of reflections on living with mental illness. The book shows that although mental disorders can cause pain, confusion, and guilt, proper treatment can lead to a life that is fulfilling, hopeful, and successful. Readers should find comfort in the reminder that mental disorders are nothing to be ashamed of, and that there are many effective ways to manage the devastating plight. The book goes on to boldly express the turmoil of a dysfunctional childhood, troubled teen's life on through to an adult dealing with mental health issues. It is also a story about perseverance, accomplishment and pride ultimately manifesting in a difficult life, yet one worth living. The Vivid Blue concept encompasses situations where answers to many questions pertaining mental illness are sought. Along this incredible journey would be the illumination of the common progression from the diagnosis of bipolar all the way through to schizoaffective disorder. Vivid Blue shows the battle between schizoaffective disorder and PTSD. It defines how an OCD behavior can rule another disorder. The PTSD was a result from a decision that a thirteen year old boy made which carried over to the rest of his life. Constant worrying about his phenomenal mistake was in many ways destructive and he needed a lifetime to figure it out. The story begins....

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