



Iky's Bipolar World

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When the author began writing this book, it started out as a form of therapy. He found out that he had Manic-Depressive Disorder when he was forty years old. He became disabled because of it when he was forty-three years old. When he was born, he also had nerve deafness, so he couldn't hear very well. This book is full of his personal experiences through the years, some fiction, and the combination of both. Many of these jokes he wrote while he was having manic episodes. He has always believed that laughter is the best medicine, and as his good friend A.J. said, "Misery loves company."

This book is dedicated to everyone who suffers from some form of mental illness or disability because of it. He has never tried to benefit from or use his disabilities to gain things. They are his assets, not liabilities, to carry on and prove that he is just as good a person as anyone else is. We have to face the fact that we live in a very cruel world today where lies, manipulation, cheating, stealing, harassment, and hostile environments are very commonplace. No matter how hopeless a situation looks, there is always hope.

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