



Timeline Memoirs of a Bipolar Christian

JACKIE GARRISON

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I decided to write a book for people who feel as if their Christian experience is mostly episodes of mood swings, ranging from depressive lows to manic highs. After reading this book, it wouldn't surprise me if young women around the world related to some of my old thinking: that death and sleep might feel the same, that a few days in a psych ward could be an escape from reality. And I'm almost certain that there are woman out there who, having gone through a mental breakdown, hid their shame behind the mask of Christianity. If you haven't experienced something so extreme, maybe you're simply one of those people who go to church every Sunday, and leave with the same tormented mind in which you came. Hopefully, this book will make you laugh, cry, and analyze your own life, but my desire is that it helps to free you so that your own timeline can be more than just one-sided tragic moments from your past that have seeped into your future.

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