



# Life is Like a Line - A Memoir of Moods, Medication, and Mania

*Cynthia M. Sabotka*

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## **Life is Like a Line - A Memoir of Moods, Medication, and Mania** Cynthia M. Sabotka

Bipolar Disorder was a medical term Cynthia Sabotka knew nothing about. But it was the mania of her illness that seduced her. "Life Is Like a Line" is the eloquent journey into the mind of an individual suffering since childhood from a mood disorder that has preyed on her emotions and affected her in every conceivable way.

Frequently exhilarated, often violently angry, and nearly constantly terrified, high achiever Cynthia Sabotka has spent her life running, nearly always at full speed. For most of her life, she had no idea what she was running from. With suicidal ideation leading her ever closer to the brink of disaster, Cynthia embarked upon a journey of discovery. A determined psychiatrist, medication, and therapy ultimately saved her life, as well as her marriage. After several false starts and medication side effects so debilitating many individuals would have given up rather than endure them, she learned that she can live life on the line.

Life on the line means Cynthia lives a stable, rational, emotionally predictable life, rather than soaring maniacally above the line, where she drives faster, talks louder, and takes appallingly dangerous risks, or plummeting below the line, where she hides, nearly paralyzed with terror and confusion, in the sanctuary of her bedroom. Complicated by family members and a family history as complex as they come. Life Is Like a Line is ultimately the memoir of one woman's triumph over the myriad forces that inexplicably but inevitably worked to bring her to the brink of despair and disaster.

Engrossing and enlightening, it offers an intimate peek into a fascinating mind and its triumph over itself.

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A lot of people always spent their free time to vacation or maybe go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book Life is Like a Line - A Memoir of Moods, Medication, and Mania it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not very costly but this book possesses high quality.

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