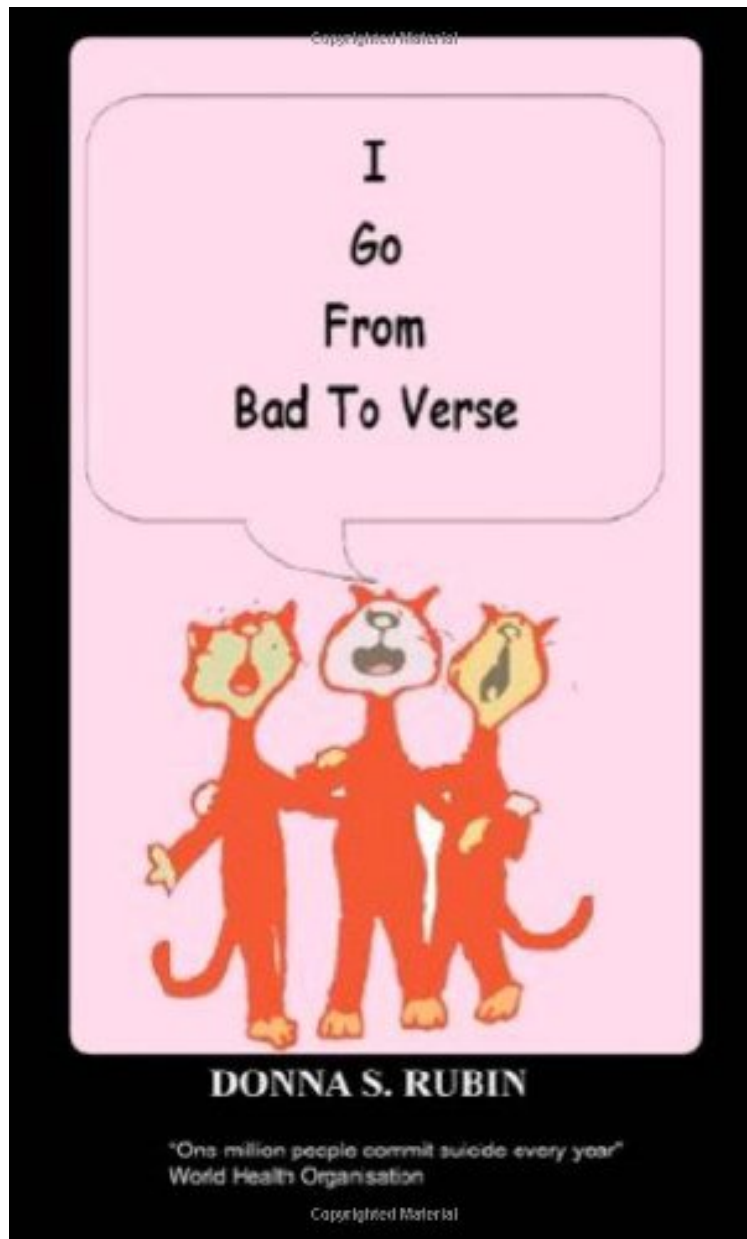


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I Go from Bad to Verse

D. Rubin

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It was amazing. I can't even choose my favorite poem. haha. well I really enjoyed this book and zipped right through it because I was not able to put it down. I would love to see more of Donna's poems. 0 of 1 people found the following review helpful. a good book By Jeffrey S. Kennell I have read this book and was impressed. Gave me insight into the struggles a person goes through. Knowing we all have these problems it helps to understand them. I can't recommend this book enough. Buy it and read it for yourself. 0 of 0 people found the following review helpful. Gentle and Humorous Insights Into Black Days By Shoshana A. Simon It is said that one of every four Americans will suffer some mental illness in this life. This gentle book is for those 25% and their families. "I Go From Bad to Verse" is an insightful yet compassionate peek into some of the experiences commonly encountered by those who are designated by our society as "mentally ill." Anyone who has shared the experience of seeing a therapist or taking a prescribed mood-altering medication will be head bobbing along with the verses...and laughing. I plan to share this sweet book with my former therapists, friends and family and to keep a few copies on hand for those newly inducted into the "mental health" process in hopes that the journey will be less painful with the help of this guide.

By Donna S. Rubin ISBN: 978-1-84747-180-2 Published: 2007 Pages: 93 Key Themes: poetry, manic depression, bipolar disorder, humour, self-harm, North American author Description I've written a book, but it's not the usual kind of "I've got this disorder, this is how I deal". My book is funny and it rhymes. I think it helps people. Those I've shared it with said it's made it easier to understand the illness without making it obvious that that's what I am doing. I rhyme a lot, make fun of psychiatry and talk about the hospital as an imperfect place that doesn't promise a cure, but does the best it can. I make fun of the food, my own doctor, and talk about friends I've made, and lost. My last poem talks about self-injury, which to some people might be disturbing, but it is a part of my illness, so I write about it. I Go from Bad to Verse is not like any other book - it makes my story approachable; in between readable verses, I explain how I came to write each poem. I think anyone can pick it up and grasp what someone with a chronic illness goes through. Just because an illness is a mental one shouldn't stop it from being understandable and have people relate to it. Donna S. Rubin About the Author Donna S. Rubin is 48 and lives in a suburb of New York City. She was diagnosed with bipolar-disorder approximately 12 years ago and her poetry reflects issues dealing with having a mental illness. She is a college graduate and even though she wasn't diagnosed in college, in retrospect she went through a major depression in her freshman year. Currently she is between jobs, trying to figure out what her next step is before becoming a famous author! Book Extract I wrote this poem during my freshman year in college, when I first encountered depression and all the uncertainty it brought. This was before I was ever even in therapy, and the questions that I ask in it are so much the struggle I came to later that I had to include it here. It is one of the few poems I've ever written that doesn't rhyme.