



## A Vast Awakening

By Claire E Griffiths

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I lived my life in a safe bubble. At a young age I was lucky enough to get the privilege to travel the world. I ve seen many cultures throughout my life, and view the world as a beautiful place. When I turned thirteen I began to suffer from severe depression and eating disorders. What we did not know is I suffered from a severe case of bipolar disorder brought on by a chemical imbalance. Over the past year I have had four hospitalizations, and have had nine treatments of ECT (shock therapy). I ve written these poems over the course of one year, and they reflect the ups and downs of bipolar disorder, and a young girl s view upon the world.



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