

# Preface

The book you are about to read is written from two points of view—my own and my mother's. To help make the distinction the chapters written by my mother are in italics.

Part One of the book takes you on my journey through madness and during Part Two you join me on my road to wellness. The names of the characters have been changed. No matter what your reaction to the drama and characters of this story please know that I wish only love and peace to everyone who surrounded the events. Forgiving everyone, including myself has been instrumental in my journey to wholeness.

From time to time you will come across a poem or quote from Sylvia Plath. Sylvia Plath lived from 1932 to 1963. She was a poet, novelist, and short story writer who suffered mental breakdown, and subsequently committed suicide at age 30. Much of her writing is confessional in nature, and parallels the challenges that we all suffer from inside mental illness.

To eliminate confusion due to my numerous moves, the accompanying drama and destruction that follows I have included a timeline with each chapter to help the reader with a sense of chronology.

The chapters, while many, are short so fasten your seatbelt and let the roller coaster ride begin!

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