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# Perfect Chaos: A Daughter's Journey To Survive Bipolar, A Mother's Struggle To Save Her

## perfect chaos

a daughter's journey to survive bipolar,  
a mother's struggle to save her



## Synopsis

The Johnsons were a close and loving family living in the Seattle area - two parents, two incomes, two bright and accomplished daughters. They led busy lives filled with music lessons, college preparation, career demands, and laughter around the dinner table. Then the younger daughter, Linea, started experiencing crippling bouts of suicidal depression. Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder, and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back. But her family never gave up on her. And Linea never stopped trying to find her way back to them. Perfect Chaos is the story of a mother and daughter's journey through mental illness towards hope. From initial worrying symptoms to long sleepless nights to cross-country flights and the slow understanding and rebuilding of trust, Perfect Chaos tells Linea and Cinda's harrowing and inspiring story, of an illness that they conquer together every day. It is the story of a daughter's courage, a mother's faith, and the love that carried them through the darkest times.

## Book Information

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## Customer Reviews

I am the parent of three daughters, two of whom have mood disorders. Our family has lived with mental illness for 12 years. I am also a social worker and advocate working in the field of mental illness. In this capacity I have had the opportunity to read many personal stories ranging from self-published, yet to be published, never to be published as well as critically acclaimed best sellers. My personal belief is that many of these 'our story' books serve an important purpose for the author, but not for the public. The process of writing provides a journey of introspection, catharsis and healing. But for a story to make the leap to touching, teaching and impacting a broader audience, a book needs several key qualities. And I believe that 'Perfect Chaos' has these qualities. First, the story must be well written - compelling, capturing and SUSTAINING the readers' attention. Second, because every story is as unique as each of us, there need to be underlying threads which allow the reader to identify with aspects of the story, the circumstances, the characters, the feelings. The goal is not to try to be all things to all people, but rather to help the reader to find the similarities through our innermost hopes, fears and emotions. Third, we need a take away from the book. A sense of hope or empowerment, or a new found clarity and insight into a topic that may have been foreign to us. So, how did 'Perfect Chaos' measure up to these qualities for me? As you can tell by my rating, very well. But let me explain why. 'Perfect Chaos' is not a perfect book, but that is as much strength as a weakness. It's a real story, with real people in an all too real situation.

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