



Dark to Light: Struggle of a Manic-Depressive

Rolling Waters

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Dark to Light explores one woman's journey through the darkness, madness, loneliness, and despair of manic-depression. The book opens with poetry and prose that express the darker side of the illness. It is in her darkness, however, that she learns she is not alone and that by sticking together with others caught in the same bondage as she, there is both Hope and Light to be found. Through her suffering she learns the importance of her God given life and so begins the rise out of her pit. Rising out of the Dark she walks boldly into the Light with a new perspective on Life and herself. She learns to focus on beauty as a weapon against the darkness. She finally comes to a place where she can find peace and gratitude to God. It is an amazing journey from the embrace of darkness into the warmth of the light.

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