



# The Bipolar Challenge

*John Zurn*

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## **Description**

In this book, the author identifies some of the unique challenges that he has faced as a person with a long history of mental illness. The book chronicles his lonely and frustrating years as a patient in various mental health systems, and honestly examines some of his own reckless behavior.

The author also discusses the value of psychological treatments and spiritual discovery, as they relate to long term recovery. In addition, the author outlines a number of valuable strategies and original poems that the reader may find helpful.

This book is meant to be a source of hope and encouragement for other readers, like him, who struggle with bipolar issues in an often indifferent world.

## **About the Author**

John Zurn was born in 1954 and lives with his wife, Donna, in Geneva, Illinois.

He received an M.A. in English from Western Illinois University in 1982, and spent much of his career as a private school teacher. In addition, he worked at several developmental training centers, where he taught employment readiness skills to mentally challenged teenagers and adults.

As a counselor, he also helped people who were being discharged from the same state institution were he, himself, was once a patient. Over a thirty year period, Zurn has self-published a number of poetry books, and has sometimes been published in magazines.

Currently, he spends much of his time writing, hiking, and volunteering.

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