



Born Mad (Paperback)

By Robyn Wheeler

Balboa Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Follow Robyn Wheeler on her journey from fits of rage as an angry child, blunders and setbacks as an adult in deep denial, to her quest for awareness and enlightenment. Robyn takes you inside her deepest thoughts and fears, as well as her chronic anger and thoughts of suicide. After being diagnosed with a bad state of mind called dysthymia, Robyn wrote Born Mad to help others who may be unaware that they might be suffering from a low-grade chronic depression that will make life difficult, ruin relationships, and contribute to a negative and hopeless outlook on life. Born Mad includes symptoms of dysthymia and coping strategies, as well as the story of how Robyn came to believe in God, defeat chronic anger, and become the person she was meant to be. Read about her courage and determination to be happy and how her life has changed after having a brain transplant. If you or someone you know suffers from constant mood swings, angry thoughts, and extreme worry or anxiety, Born Mad might shed light on the reasons why and how to...

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