

Your book definitely helped me!

It validated what I was going through. It was like seeing a reflection of myself. I read your book when I was going through the roughest part of my depression---and well I did not feel alone. I also, shared the book with my husband and well it helped him too. He was able to relate with your husbands. We learned that it was okay to feel frustrated with the disease and we vowed to get through this. We have been patient with each other and I with myself.

I was hospitalized--it was hard for me to accept this at first and I must admit it still is. I admitted myself and well I am here today writing this email, because of that decision I made that day. Reading about the hospitalizations helped me feel like I was not crazy!! That being in the hospital was okay and not a sign of weakness, but a sign of strength. I had made the decision to get help and I should not feel ashamed--I was fighting for my family and for my life.

I am currently seeing a chiropractor who also placed me on a diet---and I have no idea how, but what conventional medicine was not able to do for me, she has. I have not felt this good in quite some time. My husband says "I think I see my wife making a comeback." I guess what I am trying to say, your experiences gave me hope. By reading your book, I realized that I was not alone, that the road to recovery would not be an easy one, but that I would recover. It also taught me that not everyone would understand what I was going through and that this, was also okay. I gained courage, strength, and hope by reading your book!! Thank you guys for having the courage to write this book, you guys are my heroes!!

Alma Bonano