

My Broken Self

**A Spiritual Journey through
Borderline Personality Disorder
And
Bipolar Disorder**



Linda Angel

My Broken Self A Spiritual Journey Through Borderline Personality And Bipolar Disorder

Carol L. Noyes



My Broken Self A Spiritual Journey Through Borderline Personality And Bipolar Disorder:

Wrestling with Our Inner Angels Nancy Kehoe,2009-05-11 Wrestling with Our Inner Angels is Nancy Kehoe s compelling intimate and moving story of how she brought her background as a psychologist and a nun in the Religious of the Sacred Heart to bear in the groups she formed to explore the role of faith and spirituality in their treatment and in their lives Through fascinating stories of her own spiritual journey she gives readers of all backgrounds and interests new insights into the inner lives of the mentally ill and new ways of thinking about the role of spirituality and faith in all our lives **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction *Fractured, Yet Whole* Suzanne Byrd,2024-11-18 *Fractured Yet Whole* A Woman s Journey Through Borderline Personality Disorder is a poignant and deeply personal memoir that delves into the complexities of living with Borderline Personality Disorder BPD The author through raw and honest storytelling takes readers on an emotional journey from the depths of despair to the heights of self discovery and healing In this book you will find Intimate Reflections The author shares her struggles with identity relationships and self worth offering a window into the daily battles faced by those with BPD Moments of Triumph Despite the challenges the narrative is filled with moments of resilience and breakthroughs highlighting the strength and determination required to navigate life with BPD Insightful Perspectives The memoir provides valuable insights into the therapeutic processes and coping mechanisms that have helped the author manage her condition A Message of Hope Ultimately this book is a testament to the possibility of healing and finding wholeness even when life feels fractured *Fractured Yet Whole* is not just a story of struggle but a celebration of the human spirit s capacity to overcome and thrive Whether you are personally affected by BPD know someone who is or simply seek to understand the condition better this book offers a compelling and compassionate narrative that will resonate with readers from all walks of life **Awakening To Me** Kerri Hummingbird Sami,2014-06-07 *Awakening To Me* is the Category Winner in 2014 The Indie Spiritual Book Awards and 2015 Pinnacle Book Achievement Awards It is a story of personal metamorphosis written over the course of several years in real time as life unfolded and lessons were learned It is a work of naked truth about Kerri Hummingbird s struggles with borderline personality disorder recovering from divorce after a 20 year marriage and seeking love from outside herself The story documents how alternative healing methods shamanic energy medicine and reiki and mindfulness practices Yoga and Toltec wisdom led to an amazing transformation that arguably negates the former psychological diagnosis Kerri shares her story so that others may witness that with dedication faith and a willingness to shine a light into the shadows challenges can be overcome and lasting inner peace and self love can be cultivated Let Kerri s story and her heartfelt recommendations for self help inspire you to begin your own journey of healing Kerri s raw courage and vulnerable transparency blaze a trail for any woman on a healing journey *Awakening to Me* is a magnificent book that takes us behind

the scenes of transformation and shows how even the most difficult situations can be the fodder for finding oneself Let Kerri's book guide you to find your independence and self love HeatherAsh Amara author of The Toltec Path of Transformation and Warrior Goddess Training In Awakening To Me Kerri shares her intimate and difficult personal and spiritual journey to identify and express her authentic being into the world Her story is engaging sometimes disturbing yet with a clear underlying thread of compassion for herself and others also engaged in their own struggle with borderline personality disorder In her words she seeks to give voice to those who have no voice Her life voyage takes her through light and darkness to amazing heights and agonizing lows In her world travels she meets with some of the teachers who have helped shape the views of spiritual development for a generation Each has something to share with her that may shed light upon your own path as well It has been my pleasure and honor to walk with Kerri through some of her journey I heartily recommend this book to you as a tool for your own amazing self exploration Among these pages you will find a courageous and dedicated explorer of life and spirit Gerry Starnes M Ed author of Spirit Paths The Quest for Authenticity This powerful book intensely and beautifully expresses the internal world of someone with Borderline Personality Disorder The author takes us on a tour of her internal emotional world the depths of despair the emptiness and frantic efforts to find love Ms Hummingbird takes us with her on the journey toward internal independence and core stability what works and what doesn't From her personal work she provides suggestions exercises and quotes This book will be of profound use to anyone with this diagnosis their family members therapists and allies In fact I'd also recommend it for those diagnosed with Post Traumatic Stress Disorder or who have symptoms of Bipolar Disorder But in truth we can all benefit from reading this book Awakening to Me is an invitation to self honesty persistence in seeking meaningful help and the long work of sustained effort This book is well written and well organized but it is the author's honesty and insight that makes it powerful Her emotions and thoughts the related beliefs are clearly described These are in turn related to events in Ms Hummingbird's history into present relationships and dynamics in a manner that doesn't lose the reader in her internal world Instead we understand ourselves better our friends and family members We understand better what it means to be human Category Judge Indie Spiritual Book Awards 2014

New Beginnings Faith Bonyak, 2012-03-01 New Beginnings A Bipolar's Journey to Regain Her God Given Identity presents a bird's eye view of the author's life Faith Bonyak penned this memoir over a seven year period as an overview of her life dealing with bipolar and borderline personality disorder before there was a name for it The first part of the book is about all the different identities I lived under to help myself deal with the issues I was undergoing The final part is the journey to my New Beginning It is all the things I've learned along the way to help me see what God really had planned for me Faith's story was written to help others overcome what she has experienced I wanted to show others that you can lead a normal life and have this disorder I want to be open and honest about how this disorder affects me on a daily basis and how I make my marriage and parenting work even with the limitations it provides to me Once again I want to show others like me

that they're not alone I've been in their shoes when I've been manic I understand the physical pain the cycle of depression brings This is not something to be ashamed of and it's something that can be treated if they let themselves get the help that is out there

Meeting Dave: A Journey Through the Looking Glass Pamela Voccia, 2018-09-16 A true story of a sister's journey in the year following her brother's suicide This book examines Borderline Personality Disorder while taking the reader on a spiritual journey through a wonderland of experiences and people in an effort to find the light amidst the darkness Back Cover In the year following his suicide I went on a journey to meet the brother I had lost touch with I set out to write a clinical book about Borderline Personality Disorder from a family's perspective My journey however took me down a different path and I decided that the true story should be told if any of it is told

The Double Life Divine Ashley Sweeney, 2024-05-23 Embark on a Journey of Pain Purpose and Profound Faith In *The Double Life Divine* Ashley Sweeney unveils her tumultuous journey through mental illness spiritual awakening and the stark realities of facing life's harshest trials This gripping narrative takes readers into the depths of despair and the heights of divine intervention revealing the undeniable power of faith and resilience A True Testament to Survival and Redemption Ashley's story is a raw and revealing portrayal of living with bipolar disorder while pursuing a demanding career in healthcare As a Black woman grappling with her identity and profession she navigates the challenges of mental health in a society that often shuns open discussion of such issues Her experiences provide a rare glimpse into the struggles within the confines of church walls and beyond driving a crucial dialogue about the intersection of faith mental health and healing An Unflinching Look at Personal Battles and Breakthroughs From confronting the specter of suicide to experiencing the profound moments of clarity brought on by faith Ashley shares her most vulnerable moments This book is more than a memoir it is a lifeline thrown to those who find themselves in the throes of their own battles offering hope and a path forward Why This Book Matters *The Double Life Divine* is essential reading for anyone who seeks understanding and compassion towards mental health challenges intertwined with spiritual growth Ashley's journey from darkness to light supported by her unshakeable faith provides deep insights and a testament to the human spirit's capacity to overcome Join Ashley Sweeney as She Shares Her Heart Soul and Spiritual Revelations A Journey That Will Inspire Challenge and Transform

The Reality of Bipolar Disorder Darcie Cooper, 2015-10-09 Take hold of your own personal journey Make peace with it Peace is truth If you suffer from bipolar disorder also called manic depression or if you love someone who does then you already know how frustrating and baffling this mental illness can be This book assures you that there is great hope through all of life's circumstances Even though bipolar disorder may put us through extreme challenges each and every day if we are rigorous about taking the right medications and keeping an appropriate lifestyle we can effectively stabilize the disease and choose a good life Darcie Cooper was led by God's Spirit to present her story to others God does not want us to suffer God wants us to know that we do not have to resort to self-harm or suicide He is always with us She tells us of her personal journey through life's many

obstacles including tragedy loss poor physical health and bipolar disorder Our destinies are different and they call us at different times of our lives but we can learn to flow with what has been given Each person's experience with this disease will be unique but every one of us can find a successful path to staying sane

Coming Full Circle: One Woman's Journey Through Spiritual Crisis Carol L. Noyes, 2014-08-13 Her journey of recovery from bipolar disorder and her insights are described in this book an autobiography of Carol Noyes When Carol went through mid life crisis in the spring of 2006 her world was turned upside down Carol was able to wean herself off drugs after over four years on psychiatric medications She found natural alternatives that effectively helped her to recover and to lead a productive life Carol believes that the current medical paradigm is inadequate and often unable to help individuals to heal and to bounce back Carol nearly died from a combination of the swine flu and lithium poisoning Her descent to the bottom of the metaphorical well provided the impetus for her to research non drug therapies These therapies along with faith hope and courage brought Carol back to a peaceful life Carol recounts her life and investigates the factors that precipitated imbalance She writes about her extraordinary experiences during expanded states of consciousness She also delves into the world of symbols and mythologies describing how they became poignant for her Carol calls her experience a time of spiritual awakening a time of developing self esteem learning to love herself and finding her true purpose She hopes that her insights will help others going through spiritual crisis Those interested in humanistic psychology personal growth and spirituality may find this book fascinating

Beyond Borderline John G Gunderson, Perry D Hoffman, 2016-08-01 Borderline personality disorder BPD is a complex illness that significantly impacts the lives of those who have it as well as those close to them In Beyond Borderline two internationally acclaimed experts on BPD team up to present a rare glimpse into the personal lives and recovery of people with BPD This provocative book uncovers the truth about this most misunderstood and stigmatized disorder and offers an opportunity for a reexamination of BPD from the real experts individuals suffering with it

A Journey Through Borderline Personality Disorder Healing and Resilience N Alleyne, Nicolette Alleyne, 2025-07-18 A Journey Through Borderline Personality Disorder Healing and Resilience is an unflinching heartfelt memoir that brings readers inside the complex often misunderstood world of Borderline Personality Disorder BPD Through deeply personal storytelling author N Alleyne opens the door to her lived experience with BPD sharing the emotional highs and lows the moments of clarity and chaos and the often invisible battles fought in silence With raw honesty and vulnerability she paints a vivid picture of what it means to navigate relationships identity and self worth while carrying the weight of a diagnosis that is too often shrouded in stigma Far from being only a story of struggle this book is also a testament to resilience Alleyne takes the reader on a journey from pain toward healing offering an intimate look at the turning points hard truths and moments of grace that shaped her recovery Each chapter weaves together lived experience with insight helping to demystify BPD and foster understanding in a world where mental health remains stigmatized A Journey Through Borderline Personality Disorder is written for anyone who has ever fought an

unseen battle whether you are living with BPD love someone who is or simply want to better understand the human mind and heart It is also a valuable resource for mental health professionals educators and advocates seeking to deepen their compassion and awareness This book is not a clinical manual nor is it meant to define every experience of BPD Instead it is a powerful narrative that blends memoir with advocacy aiming to break silence spark conversation and remind readers that healing is possible even when the road is long and winding At its core this is a story about courage the courage to tell the truth to ask for help and to keep moving forward despite fear A Journey Through Borderline Personality Disorder Healing and Resilience invites readers into a space of honesty empathy and hope proving that our greatest challenges can also become the source of our greatest strength

Bipolar Firsthand Patty Hansen, 2024-02-28 This compelling heart to heart true story leaves its readers inspired with a speechless sense of wonder Bipolar Firsthand is a gift to humanity People with manic depression are like the epicenter of an earthquake no one nearby is left untouched Living and breathing within these pages the author shines light on her soul's darkest hours and highest highs She states that bipolar illness can be a learned condition not necessarily a genetic inherited disease In Patty's own words she says this The day I was born I hit the ground running so fast so awake so alive I literally vibrated with excitement I was given beatings medication guilt and psychiatrists in an effort to calm me I fought back I kicked and screamed and finally went crazy I was diagnosed with manic depression convinced my teachers were right After all there were so many of them all looking out for my best interests They said there was no hope for me so I gave up I wanted to die This book is about my journey back to life I am at peace after being beaten bloody as a child experiencing the raw emotion of gang rape dealing with decades of bulimia having been married and divorced eight times and attempting suicide more times than I can count Today I am a healthy happy and powerful person Everyone can be An unimaginable amount of deep work has saved my life Falling down is inevitable Getting back up is divine Bipolar Firsthand tells the story of how I did it My greatest hope is that you become willing to see your innocence and that you come to love your life as much as I love mine I anticipate that the people who love us will better understand us and come to know that we chose this life before we were born and that they chose this dance with us We are all here to advance the evolution of our souls We are quite literally one Patty's frank and revealing book Bipolar Firsthand has been reviewed by the board of the National Alliance on Mental Illness We find it to be a brave and inspiring work that few people who have gone through a life like Patty has are able to pull up the courage and persistence it takes to write about it Thank you Patty Well done Aurora William MPA NAMI Board President Support Group Facilitator Mental Health Advocate San Luis Obispo Ca Transitions Mental Health Association is proud to announce their endorsement for Patty Hansen's new book Bipolar Firsthand It's a brilliant example of the naked emotions connected with Bipolar Illness and its many challenges Who could spend 7 months in a state mental institution get married and divorced eight times attempt suicide four times and then bare her soul showing the world there's hope of peace and freedom from depression Patty now 73 lives a happy fulfilling life and

shows us how she did it Angela Alvarez Clinical Director at Transitions Mental Health Association San Luis Obispo Ca

The Spiritual Bipolar L P B,2025-08-14 He had a diagnosis a pharmacy of medications and the best survival guides money could buy So why did he still feel so lost For anyone who has stared into the twin abysses of Bipolar Disorder and Major Depression the battle is deeply familiar It is a relentless war fought within the borders of your own mind a chaotic swing between the seductive fire of hypomania and the colorless void of a crushing depression often built on the cracked foundation of past trauma The Spiritual Bipolar is a raw unflinching memoir that begins where most survival guides end The author like many found essential lifelines in the cornerstones of bipolar literature He saw his own reflection in the elegant prose of Dr Kay Redfield Jamison s *An Unquiet Mind* and learned the non negotiable rules of survival from Dr David J Miklowitz s *The Bipolar Disorder Survival Guide* He had the diagnosis Bipolar II with Major Depressive Disorder and the clinical tools to manage it including a specific regimen of Lithium Aripiprazole and Levomepromazine But even with this clinical arsenal a terrifying and persistent question remained Why Why this suffering Why this trauma Why this unquiet mind When survival is not enough where does one turn for meaning This book is the chronicle of that search It is the story of how a third essential pillar was added to the foundation of recovery the profound spiritual and philosophical framework of Allan Kardec s Spiritism With intellectual rigor and emotional honesty the author introduces a worldview that does not contradict science but beautifully complements it offering a logical and compassionate answer to the problem of pain In this powerful integration of memoir medicine and metaphysics you will discover A raw unflinching account of living with the cycles of Bipolar II from the dizzying creative highs to the suffocating anhedonic lows An honest exploration of the difficult but necessary role of medication and the psychological journey of accepting a lifelong clinical reality A practical guide to integrating the bedrock strategies of routine trigger identification and self awareness into a stable daily life A deep accessible dive into the core tenets of Spiritism including reincarnation the law of cause and effect and spiritual influence as a rational framework for understanding suffering A roadmap for transforming the narrative of your life from seeing trauma and illness as a random curse to understanding it as a purposeful curriculum for the soul The Spiritual Bipolar is more than just a memoir it is a testament to the idea that true healing requires care for the body the mind and the spirit It argues that faith and reason are not enemies and that medication can be a form of spiritual discipline If you are tired of merely surviving and have begun to ask What is the purpose of all this pain this book is a hand to hold in the dark It is a guide from an unquiet mind to a purposeful soul

Witness to Two Worlds Giovanna Campomizzi May,2020-05-30 For decades Giovanna Campomizzi May was afraid someone would discover her secret Though she was a perfect student obedient daughter devout Catholic loving wife and devoted mother she was mentally ill This is the story of her long path to self acceptance a spiritual journey of letting go the healing power of unconditional love and the ways people between two worlds must learn to weave those worlds together or be fragmented by both

A Mind of a Broken Heart Tammy Siligrini,2020-09-22 Have you been

recently diagnosed with a mental illness or do you have a loved one who has a mental illness diagnosis This book will help you understand what mental illness looks like from the perspective of someone with a diagnosis In this book I share my personal experience with bipolar disorder Never once did God leave me in my broken state instead He taught me how to live well in spite of my diagnosis and gave me a hope for the future God brought me through a painful past and into a new appreciation for Him life love and family We can trade the ashes of our lives for the beauty God has waiting for us When we surrender our own will to our Creator we pick up His will for our lives **You are Not Alone** Riya Gupta,2023-08-03 In You Are Not Alone we invite you on an enlightening journey through the authentic and heartfelt stories of individuals who have experienced Borderline Personality Disorder BPD firsthand This anthology provides a poignant collection of personal narratives offering valuable insights into the challenges triumphs and growth that arise from living with this complex condition Discover the raw emotions resilience and courage of those who have navigated the tumultuous waters of BPD Each story unveils the intricacies of the disorder shedding light on the struggles of self identity emotional regulation and interpersonal relationships that are often faced by individuals with BPD Through these compelling accounts you will witness the transformational power of self awareness therapy and community support in the journey towards recovery The stories are a testament to the strength of the human spirit and the determination to overcome adversity You Are Not Alone fosters understanding and empathy breaking down the stigma surrounding BPD Whether you or someone you know is directly affected by the disorder these stories will inspire compassion and provide valuable insights into the experiences of those living with BPD This anthology also serves as a resource for mental health professionals and caregivers offering valuable perspectives and deepening their understanding of the challenges faced by individuals with BPD It emphasizes the importance of fostering an environment of support and compassion to aid in the healing process If you seek inspiration hope and a deeper understanding of Borderline Personality Disorder You Are Not Alone is a must read Join us in embracing these powerful stories that remind us of the strength that emerges from vulnerability and the resilience of the human spirit Let this anthology serve as a beacon of hope reassuring readers that they are not alone in their struggles Get your copy of You Are Not Alone today and embark on a transformative journey that will leave you with a profound sense of empathy understanding and connection Together let s embrace the power of stories to inspire change and break the barriers surrounding mental health Bipolar Disorder the Latest Epidemic Paige Turner,2012-08 An epic story of the abuse suffered by a little girl who witnessed horrendous events and experienced a life long illness because of the abuse she suffered at the hand of her mother Her mother only abused her but she persevered despite the abuse that she received The pivotal moment in her young life was when she was chased around her back yard by her mother while her mother was wielding a 2x4 with the intention of beating her at the age of 12 The end result was the young girl was caught and beaten with the 2x4 until her back was broken by the board She would not find out about the broken back until she was in her early 30 s The book gives detailed information about

bipolar disorder It covers how to recognize bipolar disorder in a loved one and what to do for them when you suspect that they are stricken with this illness It also covers the symptoms of the disorder and how to recognize them as it is a mood disorder It also tells of how she persevered and had finally got her happy ending She shows how to find your inner beauty and how to occupy your time if you are bipolar and having a manic episode She tells of how far she has come from the abuse

Inside the Mind of a Borderline Personality, My Life & Recovery with Bpd, 2nd Ed Matthew J

Gewinner,2018-09-08

Living Out of Darkness George Denslow,2009-03-03 Denslow opens his heart and bares his soul He truly is on a mission to ignite a fire in our hearts for personal responsibility of mental health His life story and wisdom are a true guiding light for all of us still learning to dance with our shadows He not only shares positive healthy methods for breaking free from a personal hell within but invites us to dream again while envisioning the possibilities we desire Denslow acknowledges the dark side and does not run from it He has given us a true guide for the mental landscape of heaven and hell Passion and truth are like food and water for a bi polar person With out them we are lost or numb We really can check out anytime we want Blow a gasket going high or sink into the dirt lost forever but if we stay connected with planet earth and this life what we can do right here right now then we can have a reason to hang out for longer periods of time in the middle ground Being bi polar is an opportunity to practice everyday the way we can serve others in the same capacity we have to serve ourselves We lead people to a better life through being an example of continual discovery and overcoming our inner swings We provide nurturing comfort and guidance because we know firsthand the need for it Compassion is the gem of living with our mental opportunities The better we are at taking care of ourselves through highs and lows the deeper we can feel connected with people that experience any size of bump or vision in the road Clear your energy Honor your Rhythm Live your vision George Denslow

Crossing the Borderline T. Lilly,2017-12-13 Crossing the Borderline started out as a series of journal entries some of which were e mailed to T R s therapist pastor and pastor s wife They encouraged her to expand these stories of advocating for her own mental and emotional health When this book was in its infancy T R thought it was going to be quite different than what it became She started out to write a tell all about everything that had happened in her life When she sat down and started writing she realized that there were several things she wished she knew when she started out on this journey It s about her journey through therapy her need for medication and finding out that God changes everything in life for the better Taking one step of the journey after the next to find out that once you ve finished crossing the borderline is when life just starts getting good and that last step over the borderline is the first step of knowing that you are a person who is worthy of love and respect So Crossing the Borderline is a book that T R hopes will encourage others who are dealing with mental and emotional health encourage their friends and family members and open the doors of communication and raise awareness for the needs of mental health and suicide awareness

Discover tales of courage and bravery in is empowering ebook, **My Broken Self A Spiritual Journey Through Borderline Personality And Bipolar Disorder** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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