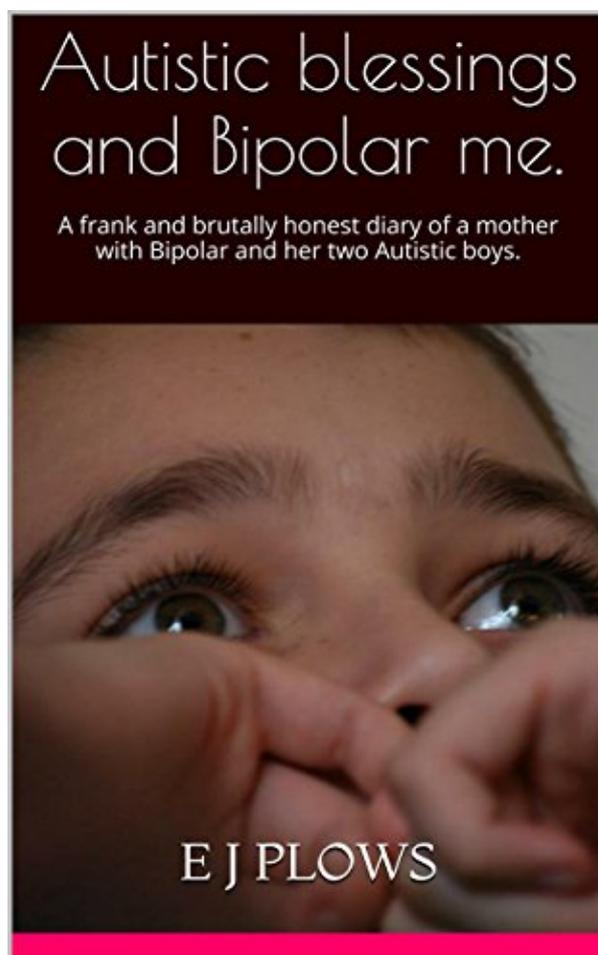


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FRANK AND BRUTALLY HONEST DIARY OF
A MOTHER WITH BIPOLAR AND HER TWO
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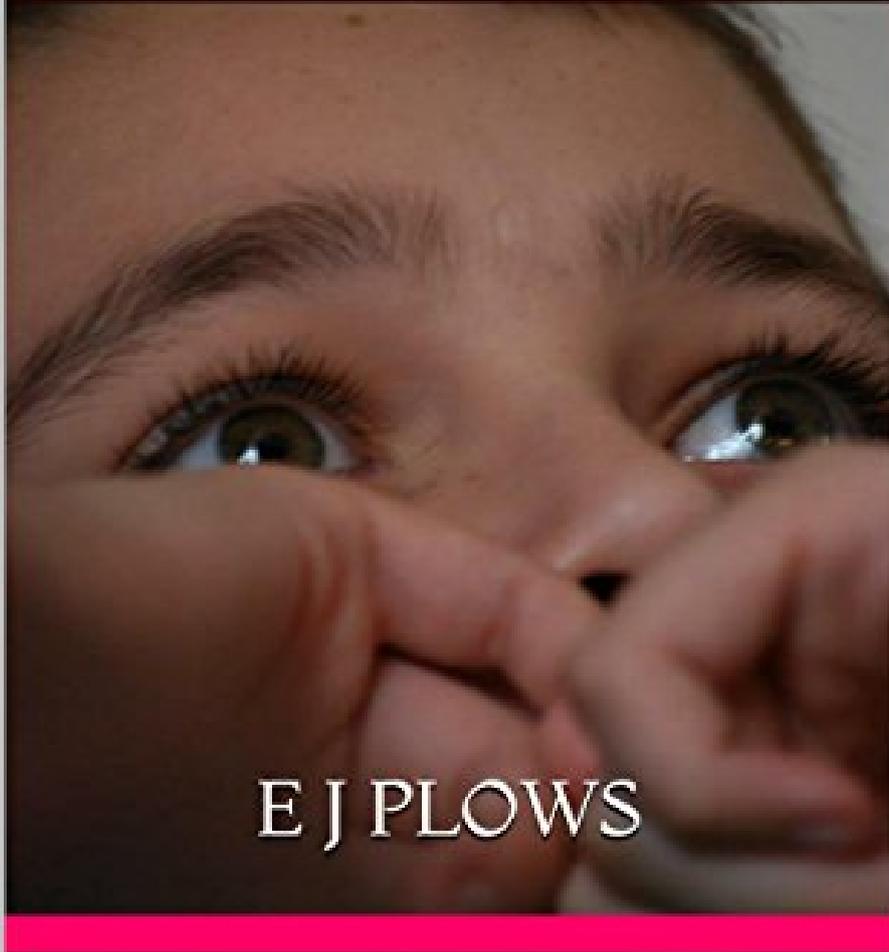


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Autistic blessings and Bipolar me.

A frank and brutally honest diary of a mother
with Bipolar and her two Autistic boys.



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In February 2007 I was diagnosed with Bipolar type one after a long battle with post natal depression, where I was hospitalised numerous times. Throughout the period between 2004 to 2009 myself Noah and Moses were all given a diagnosis of something life changing, but as a mother I refused to be labelled and judged by a medical condition. I am Emma Plows; I am not Emma Plows with Bipolar.

It's my understanding that when you discover your child is on the autistic spectrum you really need to accept the diagnosis. Accept it, let it grow and don't hinder its development. Autistic people cannot understand how the world works like we can and have difficulty understanding how people think, but we can. We have that capacity to understand them, if we choose too we should take advantage of that capacity. If we don't accept that our children are autistic, then we are only condemning ourselves and our children to a life of frustrating misery. Work with it, not against it, it doesn't matter why they behave the way they do as we cannot change it, but we must find the beauty in the condition and all the positives it has to offer, if we try, it gets easier and can become very rewarding.

- Sales Rank: #497327 in eBooks
- Published on: 2015-03-13
- Released on: 2015-03-13
- Format: Kindle eBook

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2 of 2 people found the following review helpful.

Nice insight to a different world than my own.

By catherine

Just finished this great book, would love to have read more of her life and how the boy's will grow into strong men in the future, who know's maybe it will be a continuing process for her?

It's set like a diary style format in the book and so easy to read and makes you want to read the next day of her life and the next and so on, as it keeps you gripped as to what is happening to her and her family.

From the start you can sense they is a family protectiveness towards the boy's and how it's important for her, to keep her children close together and well looked after, from the bad and the good.

She is very honest and upfront of her feelings, so if you a little sensitive please stick with it, as you do see the little gems in her, between the good and the bad moods she has with herself and the people around her.

I found myself sometimes agreeing with her, over some issue she said as to acknowledgement that I sometimes say them too, to myself.

I also see and feel she treat her boy's as if they is nothing wrong with them and just going through the stages of boy's and there hormones and not a labeling them as "Autistic", so many parent's tent to do this these days. Like if they find a label for their children and then, boom, magic wand and they are fixed.

Also great to see how she copes with her emotions and trying to be a "normal" mother, wife, daughter, sister and friend she is truly is a super mother in my eye's and how she deals with all this, in her honest strid. I hope, I get to read more of her in the future, if ever she writes another book of herself and her boy's life?

2 of 2 people found the following review helpful.

Amazing memoir.

By Amadea Cahyo

What a moving and inspirational recount of the author's experience as a mother and an individual. This is a story about perseverance, acceptance, and moving forward in life. Having a child is a blessing, no matter how people view or label them. The author Emma, pours out her heart in this book with a honest and blunt style, making us able to understand her feelings and what she is thinking.

I love this book, it's a real eye opener and gives some food for thoughts.

1 of 1 people found the following review helpful.

Moving, Brutally Honest Account Of Mental Illness And Special Needs Parenting

By Dawn Dolly Webb

"Autistic Blessings and Bipolar Me" is an eye-opening memoir, to say the least. This book follows the real life account of the life of Emma Plows. In 2007, the loving wife and mother was diagnosis with Bipolar Type One and that is where her life-changing story truly begins. Beyond her mental illness, she also discovers that her son is facing a struggle of his own; a struggle with autism. "Autistic Blessings and Bipolar Me" follows Emma's story as she must come to terms with her own emotional struggles and her child's.

This book is well-written, but the subject matter is hard to read. Emma talks in blatant honesty about her experiences with bipolar disorder and being labelled by medical professionals. She speaks candidly of her struggles being judged not only because of her condition, but also because of the condition of her son. Emma has obviously faced a lot of adversity in her life; more than many of us can possibly imagine. But yet, that does not hinder Emma's spirit. Her courage is strewn throughout her story, and the pages of this book are sure to inspire anyone. But I think people who, themselves, have struggled with bipolar disorder or parenting a child with autism are even more likely to draw away something important from these pages.

Emma's life teaches her important lessons of acceptance. Acceptance of herself, of her child, and of the things she is unable to change. It teaches her to love beyond the confines of the stereotypical. It teaches her to have courage and faith in herself and the world around her. Emma's story highlights the attributes in life that we should all have. Perhaps her tale will motivate you to emulate her total essence of self-relentlessness. Through thick and thin Emma has pushed forward. Against many odds she has succeeded in life, and allowed her son to grow and mature and given him what she can to help him succeed in life as well.

I have read many memoirs- especially ones dealing with mental illness, and I especially enjoyed Emma's courage to speak out about struggles many of us cannot imagine. I have dealt with depression and I have fostered special needs children. Both of these things I think really connected me to Emma's story. I applaud her for believing in herself enough to release this story to the public and to accept all of the attention that may come with it. This book is not for the faint of heart, but it is perfect for those who want to open their minds to an entirely different life from their own. Emma has lead her own path, but she has walked it with a lot of grace- and her tale was worth telling, and is certainly worth reading.

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