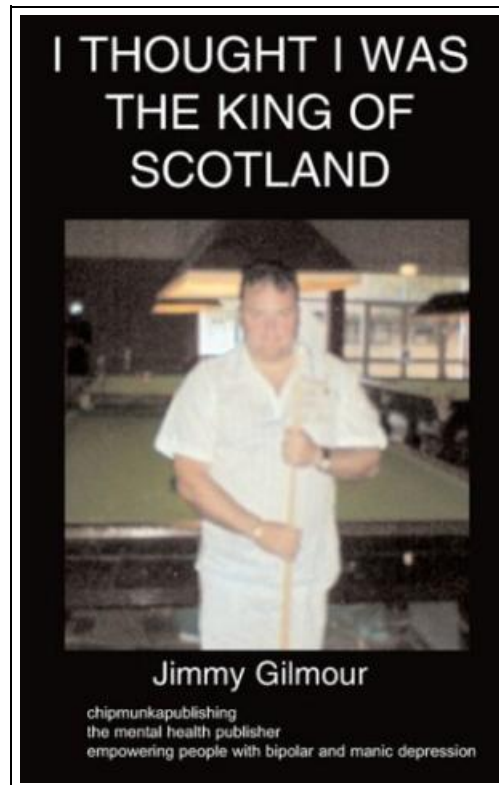


## I Thought I Was the King of Scotland



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## I THOUGHT I WAS THE KING OF SCOTLAND



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Chipmunkpublishing, United Kingdom, 2009. Paperback. Book Condition: New. 201 x 122 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description This is who I thought I would be. I knew I would be able to write a small book after my second breakdown, but I am not very good at wording things, but I have tried my best. These false beliefs went on until my fifth breakdown. I am not a nutter and I am not mad I just wanted to share my experiences with people that have had similar experiences in life. By writing this book I thought I would find out where the King of Scotland really came from and put an end to all these false beliefs. I have been through a long and painful journey having Bi-Polar Disorder, then being wrongly diagnosed more than once then being back to Bi-Polar Disorder again. I have had five nervous breakdowns since 1995 and lost my family and friends, it took me two years after my breakdown to regain my confidence again and get my life back together. After drinking heavily in the past and suicide attempts and over spending money. I never thought I would get married again and have a new family and friends. I hope the experiences that I have shared with you will be helpful to fellow service users, professionals and people out in the community. To help with the stigma of mental health. I want people to understand more about mental health problems. About the Author Born on the 21 of October 1961, in a place called Kilwinning in Scotland. Two years later my parents wanted a fresh start in England to a place called Thringstone on the Scottish estate, in a two bedroom flat. In 1971 my parents separated, a...



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