



Hoping for a Happy Ending: A journalist's story of depression, bipolar and alcoholism

Christine Stapleton

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Foxhole-prayers, antidepressants and a trip to the junkyard with a baseball bat helped award-winning journalist Christine Stapleton get a grip on her mental illnesses - alcoholism, depression and bipolar.

Christine shares her experiences - from erotic dreams about George Clooney to dark plots of suicide-by-Prius-fumes - in this collection of her weekly columns, Kicking Depression, from The Palm Beach Post. The mentally ill are sick, Christine reminds us, not bad, weak or fond of "happy pill" wisecracks.

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From reader reviews:

Edward Schanz:

Have you spare time for the day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a move, shopping, or went to the actual Mall. How about open or maybe read a book titled Hoping for a Happy Ending: A journalist's story of depression, bipolar and alcoholism? Maybe it is being best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with their opinion or you have different opinion?

Warner Gomez:

In this 21st one hundred year, people become competitive in most way. By being competitive today, people have do something to make them survives, being in the middle of often the crowded place and notice by simply surrounding. One thing that at times many people have underestimated it for a while is reading. Yes, by reading a reserve your ability to survive improve then having chance to stay than other is high. In your case who want to start reading some sort of book, we give you this kind of Hoping for a Happy Ending: A journalist's story of depression, bipolar and alcoholism book as beginning and daily reading guide. Why, because this book is greater than just a book.

Diane Welton:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparettime with their family, or their friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled Hoping for a Happy Ending: A journalist's story of depression, bipolar and alcoholism can be excellent book to read. May be it could be best activity to you.

Mary Lewis:

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