



# **Dr. Wagner and Me: The True Story of the Psychological Healing of a Person Suffering from Bipolar disorder**

*Mary Ellen Dias*

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Mary Ellen had a lonely and dysfunctional childhood, which led to a young adulthood filled with bizarre behavior, suicide attempts, and escape into a creative bohemian-style world where she could hide from the harsh judgments of society. In her early thirties, she was diagnosed with bipolar disorder. She married and shortly thereafter started her own successful business and settled down to what she hoped would be a normal life. However, her days remained chaotic and about five years into the marriage she had a complete psychological breakdown and began intense psychotherapy. This writing is Mary Ellen's account of her experience with her therapist and her road to finding balance for the first time in her life. In a conversational style, she tells of her relationship with her therapist, how his method was so successful, and how she traveled through her childhood pain. With his support, she came to accept her bipolar disorder, as well as learn the concept of "self-love." Because she experienced such a successful transformation, she wishes to share some of her therapist's treatment secrets with those suffering from mental illness or trauma. This book will also be valuable for family members and professionals treating such patients.

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