

The Madness Within: My Struggle With Manic Depression

Cheryl G. Baker



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The Madness Within is an autobiography of an ordinary woman (Cheryl G. Baker), living and struggling with manic-depression, also known as Bipolar disorder. It's intention is to help others, who may or may not have been dignosed with the illness because it affects everyone in some way, shape, or form. There are several chapters based on actual recordings of manic and depressive episodes that Cheryl experienced followed by explanations on each case. It captures the onset of the illness and paves the way to her present mental condition. Some chapters leave you wanting to strangle the author because of a lack of understanding why one would want to injure oneself much less attempt suicide. Another chapter entitled "The Back-up System" is not only pathetic but frustrating because of the promiscuity and infidelity involved. It's painful to see Cheryl struggle as she attempts to put the pieces of shattered glass in her life back in order and somehow find peace.

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