
**THE DARKNESS
AND THE LIGHT**

MELISSA BURKE



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Bipolar disorder simultaneously gives you both an amazing and a terrible outlook on life. This is a book of Melissa Burke's personal journal entries as well as some poems, written over the past few years.

The goal is to shed light on mental illness for people who don't understand it while at the same time reminding those who do suffer from it that they aren't alone. This is also to show that even if you don't have any mental illness, life can be a roller coaster.

But things do get better. Perfect? No, never. But life doesn't have to be perfect to become a beautiful journey.

The Darkness and the Light Details

Date : Published February 14th 2014 by Outskirts Press, Inc.

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Author : Melissa Burke

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Genre : Psychology, Nonfiction, Health, Mental Health, Self Help, Medicine, Psychiatry

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From Reader Review The Darkness and the Light for online ebook

Michael says

Here we have the third book by the one and only Melissa Burke. If you have read her previous works, you have already seen into the inner machinations of her brain. If you think you know what to expect in this installment, you are probably wrong!

The Darkness and The Light follows roughly the past 3-4 years of Melissa's life as she struggles with her ups and downs and everything in between. We see the extremes of her most manic and most depressed moments, as well as some general life updates and poetry.

Pros and cons style?

Pros and cons style.

PROS:

"To live in Wonderland you have to be as mad as a hatter..." - Melissa's manic moods, for the most part anyway, always get a chuckle out of me because... well... she reminds me of myself when I have had entirely too much caffeine and start spouting hyperactive randomness, and I love it.

"Even in the darkness, every color can be found..." - No really... I think this book is more significant and important than even Melissa realizes. Throughout this book you see every struggle Melissa has and it makes you realize "Hey, we aren't alone, other people feel this way, other people have these thoughts... and she's accomplishing things, so I can too." At several points while reading these entries I found myself saying "I can actually relate to that feeling, I have been there before." and for a moment you feel better because you know you aren't the only one. Anyone... EVERYONE, struggling with depression, or anxieties, or traumas... should absolutely pick up a copy of this book... I legitimately believe it will help you in some way!

CONS:

"Lack-a-Llama" - Not a single mention of Llamas):<

But seriously... BUY THIS BOOK... LIKE RIGHT NOW, DO IT!

Casey Kiser says

Chances are, you know someone who has bi polar disorder, or any mood disorder, an addiction of any kind, and/or ADHD and obsessive compulsion. So I'm sure you will be moved and affected by this book. I applaud Melissa for being so brave as to share with the world these deeply personal journal entries. Melissa's random and racy thoughts give you a window into these types of disorders to better understand what these people go through on a daily basis. What did I learn from reading her journals? Melissa is constantly at odds with herself and looks for any possible outlets to escape, including cutting. I also learned that I would love to be Melissa's friend. I am proud to own this book and I hope she keeps writing down her pain to help others know they are not alone. But I also hope she learns to love herself someday.

Ulla says

It's a real diary (April 2010- January 2014) with some poems.

During this time the author suffered very much due to her mental illness and addictions and because she was raped. There is much self-hate and feeling guilt for other people's faults and crimes which shocked me. Very much depression and self-harm, but also strength not to give up, to try over and over again and to resist.

She says "... life doesn't have to be perfect to become a beautiful journey" ... "Keep smiling, keep fighting, stay strong and never *never*, give up."

The book gives good insight in the vicious circle of her thoughts and how it kept her trapped for so long. Worth reading!

Mohini Jugran says

I got this book in Goodreads Giveaway..

Even though it was the third book
