



LIFE IS LIKE A LINE

This book chronicles one woman's determined effort to break the cycle of mental illness that has plagued her family for generations. In poignant, brutally honest prose, Cynthia Sabotka details her struggle to come to grips with her dysfunctional family and her own bipolar disorder.

She describes the pain of her parents' abusive relationship, her descent into drug and alcohol abuse, manic-depressive episodes that leave her dangerously close to the edge, and the ongoing family struggles that prevent her from breaking free. In her forties, desperate to escape the incredible highs and crushing lows of her illness, Cynthia finally reaches out for help.

This is her very personal story of survival. Through her journal-like entries, Cynthia opens a window into what it is like to live with bipolar disorder. With courage and humor, she shows us her daily challenge to achieve a life of predictability and stability—one that often-times seems just beyond reach.

About the Author

Cynthia M. Sabotka - Writer, Memoirist and Freestyle Poet, credits her ability to sustain life by her faith in God.

Her diagnosis of Bipolar Disorder at the age of 48 has given her challenges far beyond belief. Cynthia once believed she was just a Greek woman with a fiery personality. Little did she know there was a real mental condition lying in wait, making ready the opportunity to rise within her and wreak havoc in her life.

She feels her diagnosis of a mental illness has been a blessing as well as a curse. Although bipolar disorder has uncovered alarming possibilities, it has answered questions previously unknown and made logic out of behaviors she and her family once misunderstood.

Fortunate to be surrounded by her loving family, she is an amateur photographer and enjoys weekends relaxing with her husband. Today she finds herself in a mental health remission, but realizes that life, well...*Life Is Like A Line*.

Praise and Recommendation

This is a well-detailed account of the painful journey on which analysis takes the most functional and yet disturbed in our society. I found Ms. Sabotka's stringing-description of her relationship with her brother and the long, painful closure that a parent's influential life (and death) can launch, to be cables of Life Is Like A Line. Anyone considering traveling the road of psychoanalysis will benefit from hitching a ride with Cynthia Sabotka.

-Paul J. Friday, Ph.D., Chief, Clinical Psychology UPMC-Shadyside
Speaker, Medical Professional, and Author of *Fridays Laws*

Cynthia Sabotka captures the intensity and desperation of this brutal illness with emotional power. Her journey reminded me of my own struggle. While the descent into bipolar disorder is a harrowing one, it's crucial for people to read and understand this illness, which is so stigmatized.

-Andy Behrman
Mental Health Writer, Speaker, and Author, *Electroboy*

I have read Cynthia's book. I thought it was an outstanding combination of insight and information. It was the most vivid description of living with a bipolar illness I have ever read or heard. For someone who is trying to have a sense of what the illness is like, I can imagine no better resource. The "story" in the book is an exceptional journey. It provides, for the lay reader, a riveting account of a life filled with pain and joy. In the meantime, the reader receives important information about a pervasive illness and its implications for the world of the person with bipolar illness. I strongly recommend this book.

-Michael P. McCartan
Executive Director, St. Clair County (MI) Community Mental Health Authority

Life is Like a Line
A Memoir of Moods, Medication,
and Mania

ISBN: 978-0-9797792-0-6
Hardcover, 328 pages
List Price: \$24.95

Available through Baker & Taylor Books,
Amazon.com, BN.com and Borders.com

SILVER LINING PUBLISHING, LLC
St. Clair, MI

810-329-6777

SilverLiningPublishing@comcast.net

