



## Waves of Madness, Waters of Tranquility (Paperback)

By Aaron Michael Sinay

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Waves of Madness, Waters of Tranquility is my best articulation of the way the mentally ill mind works. The water theme is given to portray how overwhelming the task of recovery can be, but also relaxing. One can be lost at sea, and yet find serenity in the oceans. This book speaks of the inner turmoil of the mentally ill, seeking to set the psyche free in poetic verse. Utopian ideals are ever-present as I attempt to explain my situation. I have a dual diagnosis of schizoaffective disorder and obsessive compulsive disorder, meaning I suffer from schizophrenia, depression, and OCD. I have found my poetry to be a cathartic and therapeutic outlet to regain my composure in living. If I can reach just one soul, I can alter the course of society in whole. If I can change your mind about my kind, then it's plain to see we're both being set free.



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