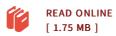




15 Minutes at a Time: A View from Inside the Box (Paperback)

By Matt Nichols

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book
****** Print on Demand ******. In my mind lie a box and a silent world, that I try desperately to escape
from, every moment, of every day. Matthew Mark Nichols-May 1988 Fifteen minutes at a time. That is
the world of Matt Nichols, a thirty-seven-year-old writer, elementary teacher, filmmaker, and
parent. He is a small percentage point of a growing population living with the form of mental illness
known as bipolar disorder, formerly known as manic-depression. He has also been diagnosed with
ADD (attention deficit disorder), OCD (obsessive compulsive disorder), SAD (social anxiety disorder),
SMD (seasonal mood disorder), and if you throw in a few more letters he d be 3-D (threedimensional). There are many wonderful self-help and success story autobiographies that have
been written to illustrate a life with bipolar disorder. Yet, none like this. Nichols uses a unique blend
of I am poetry, sketches, anecdotes, and life experiences to show a world, which is thought from
inside the box. His observations are remarkably accurate, thought provoking, and beautifully
written. Topics range from the darkest issues of suicide, anger, humiliation, and failure, to the
inspirations of...



Reviews

The ebook is easy in read through easier to fully grasp. It is rally fascinating through reading through time. I am effortlessly can get a enjoyment of reading a written publication.

-- Kiarra Schultz III

A brand new eBook with a brand new point of view. It is rally fascinating through treading through time period. You will like the way the article writer compose this ebook.

-- Ciara Senger