



Lithium Realm: My Bipolar Hell

Ashlynn Stone

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This is a true story. Living undiagnosed with bipolar and general anxiety disorder her entire life, Ashlynn Stone quickly spirals out of control at the same time her popularity in the new club she and her husband joined, soars. The close relationship she had with her family is gone. Her once impeccable reputation at work is now tarnished and the loving relationship she had with her husband hangs by a thread. Fighting for her sanity, she turns to drugs and a friend who only causes more damage. Will her wild and carefree ways cause her to lose it all? Will her marriage to Seth last? Will she find the help she needs? Join Ashlynn as she opens up and shares her deepest secrets, ones her family has yet to learn. Share her darkest moments and ugliest times. She discusses her drug use, the hell her family put her through and intimate moments about her and her husband's lifestyle as swingers. If you or someone you know suffers from bipolar disorder or general anxiety disorder, this book will give you hope.

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