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This Constant Fight

Simon Russell

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This Constant Fight

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This Constant Fight Simon Russell
This Constant Fight is a gripping roller coaster ride between the highs of mania and the lows of depression. The autobiographical story is set over a twelve year period starting shortly after the new millennium. The author, who at the beginning is a successful businessman, experiences a series of manic psychotic highs that sees him getting into some extra-ordinary situations and meeting several celebrities including Victoria Beckham, the two times Oscar winner Sarah Miles and the celebrated hairdresser Adee Phelan. The mania leads to police detention centres, four sections and four admissions to secure psychiatric wards including two in psychiatric intensive care wards. The highs soon turn to lows and during several episodes of chronic depression he loses all that is dear to him: - His marriage and relationship with his children; His job and career; His financial security ultimately leading to bankruptcy; The new love of his life; His confidence, self-respect and direction. During these lows he travels to Thailand with the intention of committing suicide. This Constant Fight is not only a factual account of one person's battle with manic depression but also a story of love and hate, success and failure, hope and tragedy and the constant and enduring pain that characterises this illness.

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