



Living with Bipolar Disorder

Jim McLachlan

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Jim McLachlan was born in southeastern Michigan in 1960. He is the second youngest in a large family. He led a troubled life including drug use and periods of depression. He was unable to hold a job for very long. He moved around the country trying to find a solution to his problems. Jim had an episode where he was threatening suicide and subsequently turned on the police officers trying to help him. He was finally diagnosed as having bipolar disorder, with post-traumatic stress disorder also. This diagnosis could explain the abuses he suffered through life. This book journals his struggles with both bipolar disorder and post-traumatic stress disorder, while expressing life events that influenced or were influenced by his illness.

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