



## Anastasia s Mind Fog

By Anastasia Cassella-Young

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anastasia Cassella-Young s poetry has won numerous Editor s Choice Awards. Poetry is full of emotions, feelings and experiences. She enters all of these into each poem including romance, confusion, abuse, beauty, love for pets, love for people and actual dreams. Therapists recommend keeping a journal. She maintains her journal through poetry, different genres of novels and short stories. She wrote her first few pieces in high school but her first serious piece in 1986 after her father passed. Since then numerous events have taken place in her life and have been unearthed during therapy. Poetry is emotional for her and each emotion is in a poem. She hopes that her readers find solace, understanding and knowledge within the pages of this book. About the Author: Anastasia is a Bi-polar survivor! Definition: A Bi-polar survivor is a person who doesn t take one s own life. Her story tells about her manic and depressive episodes throughout her life while dealing with being Bi-polar. Life for her is a struggle every day as it always is for someone with...



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