

Reflections On Life

REFLECTIONS ON LIFE



Christopher Ejsmond

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Chipmunkapublishing, United Kingdom, 2008. Paperback. Book Condition: New. 200 x 126 mm. Language: English Brand New Book ***** Print on Demand *****.Description Reflections on Life is a collection of poems which describes the life experiences of the author who has lived with the personal legacy of child abuse, followed by the descent into mental illness (schizophrenia and OCD) and alcoholism. The poems carry a message of hope by exploring the complex mental landscapes of co-morbidity, dual diagnosis, psychosis, childhood, the power of ideas, emotions, thoughts, pain, loss, actions and relationships. The poems invite the reader on a journey through a world where the experience of mental distress has carved a creative channel through the darkness and loneliness of illness and points to a way forward. The author has experienced mental health problems since early childhood (OCD at five, schizophrenia since his teens). He has experienced stigma and discrimination from family, school and society but has learned to forgive along the way through the medium of poetry. The author has lived with severe and enduring mental illness, suicidal ideation, a plethora of psychotic symptoms, voices and perceptual aberrations, as well as the efforts of a sometimes unhelpful and clumsy mental health system. He has learned from the experience of others and how to put his own suffering and distress into a broader social context. About the Author The author was born on 22 October 1964 in London and, with few exceptions, has lived and worked in London all his life. He is the younger of two brothers born to Polish emigre parents who arrived in the UK in the late nineteen forties, after experiencing traumatic childhoods separated from their own parents and witnessing conflict and war in some of the major theatres of the Second World War. The author lives in...

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