



# Once Upon a Manic Time: Manic Stories from a Woman Suffering with Bipolar Disorder

*Ann B. Locke*

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**Once Upon a Manic Time: Manic Stories from a Woman Suffering with Bipolar Disorder** Ann B. Locke

For author Ann Locke, bipolar disorder and faith collided head-on in her life. In *Once Upon a Manic Time*, she narrates her life story and explains how these two forces played a lead role and shaped her journey. Much more than a medical drama, a sappy saga, or a spiritual treatise, this memoir shares Locke's transformation from a shy and passive young woman who blindly held a faith for years-content to have others tell her what to believe-to the bipolar adult who is free from that bondage. Sharing the story of a healing adventure, Locke discusses her quest for truth and for a spirituality to call her own. Written with a touch of humour, Locke's story reveals the personal, humbling, and often sad experiences that became a part of her. But through it all, *Once Upon a Manic Time* shows God is with you always, loves you, and can provide the strength and wisdom you need to step out from under your circumstances.

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