

## In 2 Minds: My Life Story in My Own Words (Paperback)



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### Reviews

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(Janelle Kub PhD)*

## IN 2 MINDS: MY LIFE STORY IN MY OWN WORDS (PAPERBACK)

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Chipmunkapublishing, United Kingdom, 2009. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description In this achingly honest memoir Fabia Cerra tells the story of her struggle with mental illness, from an abused childhood, an adolescence in which she became the World Disco Dancing Champion, and an adulthood plagued by divisions in her family life, drug abuse, schizophrenia, depression and bi-polar illness. In the course of the book, Fabia writes with great understanding - and out of her own experience - about the nature of bi-polar illness and how she has learnt to cope with it, in a way that will be helpful and encouraging to fellow sufferers and provide insight for others who may know less about how this terrible illness can blight the lives of all those affected, including family and friends. From early childhood, Oxford-born Fabia (born 1973) and her younger sister Lorenza experience physical abuse at the hands of their alcoholic, promiscuous mother. Bullied at home and later at school, Fabia seeks refuge in late childhood and early adolescence in dancing. A beautiful slim young girl with long dark curly hair, Fabia becomes a disco dancer, winning championship after championship, but the pressure to win becomes more and more overwhelming. Her competition rankings start to fall and her mother announces that she will no longer accompany her to competitions. Paradoxically Fabia realises that the only way she can win is by fulfilling her mother's expectations - and being treated like dirt is part of the deal. Without her mother's support, she hangs up her dancing shoes. Raped at a party, bullied at school because I danced (she pulls a gun in school on her tormentors), Fabia retreats into drug-taking - cannabis, amphetamines and ecstasy, in...

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