

Mountain Democrat

‘Journey’ tells a real saga

By [Wendy Schultz](#) | December 2, 2015

Book: “Journey from Bondage to Freedom”

Author: Marcia Rose

Publisher: Page Publishing, July 2015, 172 pages, paperback and eBook versions

“Journey from Bondage to Freedom,” is a story most people will identify with — a trek out of pain and lack of acceptance toward self-acceptance and belief in your own worth. It’s a journey many walk, whether they realize it or not, but in the lives of Marcia and James, founders of Bipolar Insights, there were a few extra obstacles in the path, the biggest of which was themselves.

“It’s the story of two friends, one with bipolar disorder and how their friendship and Bipolar Insights evolved,” said author Marcia Rose, CEO and cofounder of Bipolar Insights.

“I wrote the book to let people know that there is hope. It’s not just mental health issues that cause people to behave in destructive ways or that keep them from having a fulfilling life — it’s how you are raised, the coping skills you use to kill the pain. It’s always a journey,” she said.

People don’t understand you; you don’t understand yourself. You feel unloved and rejected by everyone and you do things to dull the pain that others have trouble accepting. Is it you or is it something else?

In Rose’s case, the journey began with an unloving and judgmental parent; in her friend James’ life, a turbulent childhood of abandonment and a diagnosis of bipolar disorder. James self-medicated with alcohol. Marcia self-medicated with alcohol and men.

For the past 17 years, Rose has been facilitating meetings and teaching classes at Bipolar Insights, an organization in Placerville that offers an education center, support, counseling, literature, educational DVDs and seminars to those diagnosed with bipolar disorder and their friends and family.

“I knew nothing about bipolar disorder when I started facilitating the meetings after James left,” said Rose. “It wasn’t something I ever wanted to do, but I found that this is my purpose.”

It took Rose three years to write the book that many told her she needed to write.

“My entire life, since I was a child, I’ve journaled, but I was constantly starting to write a book and never finishing it. I always told stories and wrote stories in my head, but I didn’t think I had the time or the ability to write this story,” she said.

Then, Rose said, she asked for help on how to write the book and she heard a small voice in her mind say, “One page at a time.”

“That was how I did it. I would write a page, tear up a page and write another page. I was reliving my life as I wrote and that was very difficult. I was more shocked than anyone when I finished it,” Rose said.

Since the book’s publication, Rose said it has taken on a life and purpose of its own.

“I’m getting the most amazing feedback from people who have read it. Some of them have told me that I’ve written their story. I think it’s touching people’s hearts because it’s real, not a book of medical terminology, but like a novel about real life. Both people with mental health issues and those without them are reading this book. We are all dealing with something. For me to finally have a voice and to see my own life in review has been healing,” Rose said.

James, Rose’s friend and the cofounder of Bipolar Insights, has been sober from alcohol and drugs for more than two years and resides in Placerville where Rose said he is now balanced, He regularly attends the Bipolar Insights meetings.

An important idea in both the book and in Bipolar Insight classes is that a mental health issue doesn’t define who you are.

“Bipolar is what you have; not who you are,” said Rose. “You can direct your own life.”

Rose will be doing some local book signings and presentations. Check the Website at bipolarinsights.com for information about book signings and for information about classes being offered.

“Journey from Bondage to Freedom” is available from bipolarinsights.com, Amazon.com, Google Play, the iTunes Store and Barnes & Noble, as well as independent bookstores.