



Mark Elsen's Book of Journals

By Mark Elsen

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I have now made it out of the Minnesota security hospital. It took me two years and a month to make it out of that building. I went through a lot of trials and tribulations. I have grown a lot mentally since the beginning of my stay at the hospital. I m now transitioning back out into the community. A lot has changed since the beginning of my stay and I tend to keep it that way. I ve admitted that I m an alcoholic and that I m going to stay on the medication that is prescribed for my Bi Polar. I respect myself and others a lot more and have a healthy respect for life in general. I m looking forward to the future and am not going to dwell on the past and let it run me down. I have learned to live one day at a time and appreciate life for what it is. I expect road bumps in the future and am more ready to deal with them with my coping strategies. Hopefully...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger