

Olivia Copé

Je ris, je pleure

Ma bipolarité, mon combat

Tome 1



Je Ris Je Pleure Ma Bipolarité Mon Combat Tome

Maya



Je Ris Je Pleure Ma Bipolarite Mon Combat Tome:

Je ris, je pleure Olivia Copé, 2014-11-26 C est en 1990 alors qu'elle n'a que 21 ans qu'Olivia Copé apprend qu'elle est atteinte de troubles bipolaires Son parcours a été pendant cinq années un long chemin de croix Alternant phase maniaque et phase mélancolique elle a connu de nombreuses hospitalisations Cette période a été très difficile vivre notamment pour ses proches qui à l'époque étaient impuissants face à sa détresse Ils n'avaient qu'un choix se remettre la main à la portee de son destin et grâce à la prise régulière d'un traitement médicamenteux Olivia a retrouvé un équilibre et goût la vie Comme un exutoire cet ouvrage est un témoignage poignant d'une femme qui souhaite parler de sa maladie sans aucune culpabilité **Je Ne Vous Appartiens Pas, Tome 1** Maya, 2020-12-23 Lorsque ma mère apprend l'annonce de mes 14 ans qu'elle divorce c'est mon monde qui se croule Commence alors le début d'une longue introspection la révélation d'abus passés les incestes des maltraitances et la lutte pour la survie dans un monde de pervers Fuyant ma famille dysfonctionnelle je tombe dans les bras du premier venu je tente de survivre alors la violence conjugale Je me débats au milieu de mes humeurs qui oscillent en même temps que ma longue autodestruction De virage maniaque en hallucinations des dépressions en tentatives de suicide en passant par les troubles du comportement alimentaires et automutilations J'y découvre l'amour et l'amitié la maternité et au bout du tunnel un diagnostic le trouble bipolaire Avis aux lecteurs cet ouvrage comporte des scènes explicites Découvrez la suite de mon histoire sur le tome 2 dans Une mère au bord de la folie avec la bipolarité au quotidien et la découverte de l'autisme de ma famille puis du tome 3 Une famille atypique où peu à peu le puzzle prend forme entre la bipolarité et l'autisme qui se entremêlent Je décortique ce qui est le combat d'une vie de famille avec des personnes qui souffrent tous plus ou moins d'un trouble soit de TSA de l'un soit de bipolarité de l'autre que cela soit du côté maternel que paternel C'est une course contre la montre et un combat de chaque instant pour trouver un diagnostic et des professionnels compétents des aides des troubles dont on ne connaît pas encore les causes et dont on ne mesure pas les conséquences réelles sur le quotidien et la santé de la famille les conséquences sociales psychologiques et les drames qui peuvent se jouer au quotidien chaque jour quand la porte de la maison se referme derrière nos vies intimes Personne ne mesure ce que nous vivons sans aucune mesure le combat que nous menons et la force morale qu'il faut pour garder la tête haute face des gens qui croient que nous sommes des parents maltraitants goâtes laxistes profiteurs d'missionnaires ou des mères frigidaire qui veulent profiter du système ou pire victime du syndrome de Munchausen avec la menace de placement qui nous pend le nez chaque instant Alors quand ce n'est pas un enfant handicapé que l'on a à la maison mais les trois plus la mère plus le père qui est suspect aussi TSA cela attire l'attention Voici mon témoignage Mon combat

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