



Hoping for a Happy Ending: A journalist's story of depression, bipolar and alcoholism

Christine Stapleton

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Foxhole-prayers, antidepressants and a trip to the junkyard with a baseball bat helped award-winning journalist Christine Stapleton get a grip on her mental illnesses - alcoholism, depression and bipolar. Christine shares her experiences - from erotic dreams about George Clooney to dark plots of suicide-by-Prius-fumes - in this collection of her weekly columns, Kicking Depression, from The Palm Beach Post. The mentally ill are sick, Christine reminds us, not bad, weak or fond of "happy pill" wisecracks.

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