

Miracles, Moons And Madness: The Effects of Mental Illness

By Morgan Amos

Often times those who are diagnosed with a mental illness suffer in silence. In fact, one in four Americans experience some form of mental illness every year according to the National Alliance on Mental Illness. Unable to communicate, understand or be aware that having this illness effects not just them, but those closes to them: family, friends, significant others.

And while many choose not to speak out about their situation, there are those that do. *Miracles, Moons And Madness* is a gripping tale of one woman's personal account in living with someone who has a mental illness. Author S.C. Ryder invites the reader in witnessing her love for her husband, her willingness to go above and beyond to help him, and the gut-wrenching feeling of losing the person you love to a bi-polar disorder. "I let myself get caught up in his illness. His illness became my life and it ruined my health, it hurt me to the core, I lost respect for me, for who I was and am, and I have a long journey back to being a whole person again," she writes.

Miracles, Moons And Madness is one woman's way of being open, honest, and unafraid to share what she endured for nine years in hope of enlightening and helping others to recognize and learn the signs of someone dealing with a mental illness, and the ability to seek help for them before it's too late. It's one woman's way of learning how to find herself again, and the ability to embrace what's in store for her as detailed in the last chapter of the book when she states, "And if by chance one day, I met a man who told me he was bi polar, no I wouldn't run a mile. I would ask that he walk a mile in my shoes and ask me to walk a mile in his and then we would travel the journey together."

While it tackles a very prominent issue, *Miracles, Moons And Madness* does so in a way that's easy and informative, while gaining sympathy and understanding from the reader. The use of imagery throughout gives the reader a front row seat into what some may call a battle with Dr. Jekyll and Mr. Hyde. Ryder takes you along on her journey, and has succeeded in helping people

to understand that mental illness is a part of our world, and those affected by this illness deserve the same love, respect, and expectations as anyone else, and is worth the read.