



THE STORY OF A  
TROUBLED TEENAGER

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# P R E F A C E

Hi readers,

As you move on to the first chapter, you'll meet this teenager girl, a highschool nerd, a fish owner, a cyclist, and most importantly, a bipolar disorder patient. Fighting BPD on her own, she has to deal with different comments from her family and friends, misdiagnosis from her doctors and battle with the "voices" in her head. But unlike Chuck, her pet fish, she cannot breath underwater without proper "training". She could be training herself to live with BPD just like first time swimmer learning to breathe underwater, or it's just a futile effort of a drowning girl trying her best to survive.