



King of the World

Tom Gray

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How can an average lad from Sheffield go from living a normal life to attempting suicide twice, having 3 psychiatric hospital admissions and being sectioned under the mental health act? My story delves into my life, in parts it is shocking, in others it is enlightening but what I try to do is give a true account of my life living with Psychosis, Depression and Bi Polar. I hope I can try to break down the barriers of mental health and go some way in reducing stigma. It's hard to put into words the unimaginable darkness that can descend upon your life in such a short amount of time. It feels like the lights have been switched off in your world and the sun has set for the very last time. This descent into oblivion is beyond description, the fear that runs through your core is like something you have never felt before. You try to fight against this black hole that you are being dragged into but you cannot. You are buried deep in the void, a perpetual abyss far beyond human imagination. They say pain doesn't last forever but here it does. You know there is no way of being set free, the feeling of despair, loneliness and dread consumes every fibre of your being and distinguishes any fraction of hope left within you. Life becomes a waiting game, you know your purpose on this earth is no more and you are now an unwanted item that is waiting to be disposed of. Although you know the end is approaching you cannot find peace within yourself, your time on this world may be over but your fears of your next destination are so powerful that you cling on to this life with all you have. There is nothing left inside you except survival but you know you cannot survive forever and soon the day will come when you depart this life and move onto the next. This isn't just a bad day and despite popular belief you can't pull yourself together and simply snap out of it. Sometimes behind the biggest of smiles hides the deepest of sadness. Inside you are slowly dying and you simply feel like no one will ever understand or make things better. Contrary the feeling of immense power that consumes your body and mind is impossible to quantify. Everything that you ever dreamed of is now becoming a reality. You have no fear of anybody or anything, your time has come to change the world for the better. Welcome to the world of Bi-Polar. There is no choice with this illness or any other mental illness, you cannot opt out. Unfortunately you've been handed a life sentence with no chance of payroll.

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Bethel Stockton:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their down time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the reserve untitled King of the World can be very good book to read. May be it may be best activity to you.

Jennifer Bell:

People live in this new moment of lifestyle always try and and must have the spare time or they will get lot of stress from both daily life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading books. It can be your alternative inside spending your spare time, the actual book you have read will be King of the World.

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