

A stir to one's mood and behavior with Kris Rock's "Skewed: I'm not a Bipolar, I'm an Astral Traveler"

KRIS ROCK

Skewed

I'M NOT BIPOLAR,
I'M AN ASTRAL TRAVELER

Newport News, Virginia Aug 24, 2022 ([IssueWire.com](http://www.IssueWire.com)) - A memoir of Kris Rock on the twist and turn of her life as a Bipolar.

Skewed: I'm not a bipolar, I'm an astral Traveler, is a narrative of Kris Rock, a medically diagnosed Type 1 bipolar of her journey and life-changing discovery of her manic-depressive disorder.

As per Kris's words, "By the time I was 50, I had been committed to Psychiatric ward, had attempted suicide a dozens of times, moved from job to job, home to home, have slept with 100 men and women, and still, I didn't quite believe I was a Bipolar" and "Underneath my friendly exterior, I was a dragon Lady, a monster, a criminal, a slug, a genius, and a goddess. Which character I played depended on where I was on the mood-swing spectrum"

This book unravels the appalling world of a Bipolar on how manic-depressive disorder affects one in every stage of human development as well as its lifelong reversible and irreversible impact on one's life. The author intended to shed light on those who are having challenges in managing and controlling their moods as this book highlights the methods personally shared and used by her to get through her different moods, bad manic swings, and deep depression.

Book Fans can get the book "Skewed: I'm not a Bipolar, I'm an Astral Traveler" through the author's official website <http://kriskayrock.com/> or through Amazon

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NOTES TO THE EDITOR

About the Author

Kristina Rock is a technical writer, she earned her 500 college credits in mechanical engineering, anthropology, business, nursing, and journalism from various Universities. She used to write and edit documents for NASA Langley and has dealt with huge financial and aircraft companies. With her impressive educational background, she recently wrote financial manuals, guides, and software instructions for the US Coast Guard Financial System and currently delves into the world of plant medicine with the hope of its potential for treating mental illness. As a happy wife, a mother, a grandmother, and a proud parent of her two dogs writing Skewed: I'm not a Bipolar, I'm an Astral Traveler, is her ultimate redefinition of success in battling Bipolar disorder and even dreams to write a dystopian science fiction classic hereafter.

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