



# **When Your Mind Breaks the Spirit of Your Soul: The Memoir of a Woman with Schizoaffective Disorder**

*Angelica Rose*

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It all started when I was about fifteen years old. I was playing for the Amateur Softball Association, or Junior Olympic Softball. I was a standout pitcher, throwing the ball about sixty-five miles an hour. I loved softball; it was my sport, and it was my passion. But something was taking over my body, my brain, and my soul. I wasn't in control anymore. I used to throw no-hitters, strike batters out, and be proud of myself. But a switch went off in my brain. I was hearing voices; they were telling me to do certain things. I was paranoid, and it affected my pitching. My dad could no longer sit anywhere near where I was pitching because I could see his eyeballs. Those eyeballs were following me and distracting me, so he had to sit behind the outfield fence. I could hear what the batters were thinking, and I could hear what everyone in the stands were thinking. It ruined my career. The sad part about it was that nobody helped me. How could they have helped me? I never told anybody because I was so afraid. Was this normal? I sometimes think it started even earlier, maybe even as young as six years old. The voices and paranoia were so intense; sometimes I just wanted to end my life. Why did my parents not notice this? Why didn't anybody notice this? I kept it all to myself and dealt with it myself.

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**Stanley Torres:**

Within this era which is the greater individual or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple strategy to have that. What you must do is just spending your time very little but quite enough to possess a look at some books. Among the books in the top checklist in your reading list is definitely *When Your Mind Breaks the Spirit of Your Soul: The Memoir of a Woman with Schizoaffective Disorder*. This book which is qualified as *The Hungry Slopes* can get you closer in turning out to be precious person. By looking up and review this book you can get many advantages.

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