



# The Life of Riley: The True Diary of a Bipolar Spinster

*Jenny Ann Riley*

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## **The Life of Riley: The True Diary of a Bipolar Spinster** Jenny Ann Riley

When you read the title of this you will think "Isn't this just like Bridget Jones?" The answer is yes, but with one large and may I add crucial difference?. This is real. None of the characters are fictitious and all events and names are not purely coincidental. A witty, amusing and heart warming diary written by Jenny Riley, a self confessed 33 year old spinster who discovers she has Bipolar 1. It follows 12 months of her life from December 2007 to November 2008, through her hilarious trials and tribulations; a heart wrenching diagnosis and the enlightening way forward. Including anecdotes such as the Italian Job, The Samson and the most potent Crisis Point. Jenny strongly believes that you can survive bipolar and with inner strength and sheer determination live a normal life.... The Life of Riley.

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