



Let Me Out: A Madhouse Diary (Paperback)

By Amy Bingaman

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In April of 2004, the long downward spiraling of Amy Bingaman's mental illness could no longer be hidden or ignored much less written off as a side-product of a colorful and quirky character. With no family able to help and no resources, she was involuntarily locked up in the draconian, archaic labyrinth that is the Wyoming Mental Health System. Armed with only a pocket dictionary and any paper she could find to write on, Amy wrote not only as a journal but at times as her only coping mechanism to salvage what was left of a breaking mind in a love/hate relationship with her alter-ego who she'd come to call Lucille. Over the course of her first 33 days she kept copious notes of her time there, detailing treatment (or mistreatment) befitting a prisoner rather than the sufferer of a psychological disorder. These diaries roller-coaster between terrifying and hilarious, chronicling from her first morning waking up confused in a disheveled ball gown, living at the mercy of staff who range from inept to cruel and with fellow patients who...



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-- Prof. Kirk Cruickshank DDS

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-- Justus Hettinger

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