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Ann Heberlein

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»Jag vill inte dö, jag vill bara inte leva. En äkta apori, ett olösligt filosofiskt dilemma, en ångestskapande situation i sig bortsett från att det oftast är min ångest som driver mig mot insikten att livet är värdelöst och slutsatsen att det bör ändas.«Vid en första anblick har Ann Heberlein allt man kan önska sig: man, barn och en framgångsrik yrkeskarriär som forskare och journalist. Men bakom den lyckade fasaden döljer sig en mardrömslik tillvaro: Heberlein lider av manodepressivitet - eller bipolär 2 som psykiatrin kallar det. I denna skoningslöst självutlämnande rapport från sjukdomens insida tar hon oss med in i den manodepressiva människans helvetiska vardag, en tillvaro där tanken på självmord är en ständig följeslagare.

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