



# Perfect Chaos: A Daughter's Journey to Survive Bipolar, a Mother's Struggle to Save Her

*Linea Johnson, Cinda Johnson*

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The Johnsons were a close and loving family living in the Seattle area - two parents, two incomes, two bright and accomplished daughters. They led busy lives filled with music lessons, college preparation, career demands, and laughter around the dinner table. Then the younger daughter, Linea, started experiencing crippling bouts of suicidal depression. Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder, and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back. But her family never gave up on her. And Linea never stopped trying to find her way back to them.

*Perfect Chaos* is the story of a mother and daughter's journey through mental illness towards hope. From initial worrying symptoms to long sleepless nights to cross-country flights and the slow understanding and rebuilding of trust, *Perfect Chaos* tells Linea and Cinda's harrowing and inspiring story, of an illness that they conquer together every day. It is the story of a daughter's courage, a mother's faith, and the love that carried them through the darkest times.

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