



# My Life: Bi-Polar Rants, Poetry and Stories

*Stephen J Habel*

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## **Description**

This autobiography has a gentle and warm effect upon the reader, skilfully drawing one in until you carry an understanding of the man in your heart.

Once again Habel demonstrates that he is a master of language, able to use different mediums and write with different voices to stir different feelings in the reader and to convey different messages.

Habel has written many books for Chipmunka but this one is his most honest, most encompassing and most thoughtful. The simplicity of the language in this book, in contrast to that of previous books, touches one to the core and, in the end, leaves one with a feeling of tremendous admiration, and of hope.

## **About the Author**

Stephen J. Habel was born in Chicago, Illinois where he now resides and writes full time. He attended the University of Illinois-Chicago with a major in English. He has written several more books and scripts, published by Chipmunka, and has plans to work writing for a film company or starting a film company of his own. He enjoys listening to music, reading, writing, watching movies and taking walks around Chicago.

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