

A Notebook of Love

My Story on Mental Health

by Luis Trivino



Non-Fiction - Relationships

196 Pages

Reviewed on 03/23/2023

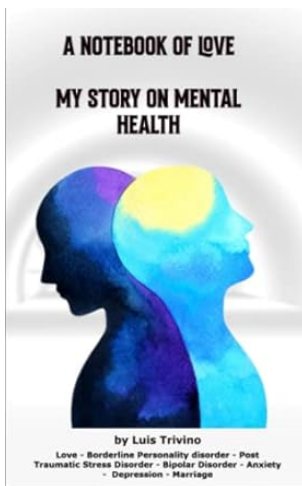
Book Review



Reviewed by Essien Asian for Readers' Favorite

Raised in a home filled with love, Luis Trivino never understood why his father's mood would often change suddenly and violently. His mother did her best to cushion the effects of his behavior on the children but as they grew older it became increasingly evident that all was not well with him since he returned from the war. Years later and then a man in his prime, Luis followed his father's path of service in the military, braving adversity. When he started following the same dark path of mental illness as his father, he knew there had to be a change. *A Notebook of Love: My Story on Mental Health* is the account of his journey into the depths of mental illness and how he not only clambered out but managed to raise a near-perfect family despite the odds.

They say that when life gives you lemons you make lemonade. This is exactly what Luis Trivino demonstrates as he gives us an exclusive insider's view of living with mental illness. He is direct as he leads us through the early stages of his life while he grows up from being a child to an adult. It is interesting to note how he distances himself from his affliction, giving it the persona of a completely different entity, adopting an unusual but notably effective approach. His input on the symptoms of some mental disorders and the accompanying statistics, coupled with details of the helplines available in the event of an emergency, are evidence of his thorough research. *A Notebook of Love* carries an upbeat message of hope and is a must-read for everyone with loved ones who are struggling with mental illness. The nuggets of wisdom in this book are priceless.



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Author Biography



I am Pueblo and Yaqui Indian and a veteran from NM. I have Bipolar and Post Traumatic Stress Disorder (PTSD) and face a tough question from my wife, who has Borderline Personality Disorder (BPD), PTSD and other related mental conditions. At the time my wife was suffering from a severe identity crisis and wants a divorce and to runaway. She asks me, is she is she worthy of love? She knows very little of my mental health and history of abuse, leading me into a mental whirlwind of countless thoughts and emotions.

The book was originally a letter written in 23 hours during a two week bipolar manic. How do you bring a loved one back from mental delusion caused by a drastic change in medicine that treat her mental health?

I reflect on how we men are raised to "Be a man" and figure things out. We are told at a young age "Figure it out, your gonna be a man soon" and other phrases as boys. What happens when we don't have it figured out? "Being a man" means our mental health is a low priority and it reflects in all our relationships.

Read how my mind turmoils and tells the story of my past to save our marriage. Much like the notebook, I race to tell my story and ours to bring her back from delusion from the borderline.