



**Kankakee, IL Author Publishes Poetry**

**This Book of Poetry Explores the Realities of Mental Illness**

*The Unruly Soul*, a new book by VampyItalian, has been released by Dorrance Publishing Co., Inc.

The author has experienced grief and pain. She has bipolar, depression, and anxiety, and knows the struggle to survive each day can seem overwhelming. In *The Unruly Soul*, she explores and confronts her pain and broken dreams, finding and celebrating occasional flashes of joy and love.

In rich and vivid reflections, she writes about her battles with the inner demons of depression and anger, as well as the fight to feel heard and understood. Small rays of light from her family and pets give her enough strength and hope to continue.

Intimate and universal, filled with powerful imagery, *The Unruly Soul* is a brave exploration of mental illness.

**About the Author**

The author is the mother of four beautiful children. Her parents are her main support system. Without her family, she would not be the strong woman she is today. Writing poetry is her passion and she uses it to explore her bipolar, depression, and anxiety. She writes to make sure that no one feels alone in their struggle.

*The Unruly Soul* is a 30-page paperback with a retail price of \$10.00. The ISBN is 978-1-4809-8292-5. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at [www.dorrancepressroom.com](http://www.dorrancepressroom.com) or our online bookstore [www.bookstore.dorrancepublishing.com](http://www.bookstore.dorrancepublishing.com).