



The Third Sunrise: A Memoir of Madness

Natalie Jeanne Champagne

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“Psychiatrists and I; we do not get on well. They have failed to cure me; I am still damaged and it is for this reason that I am cheeky and certainly not pleasant. I am hurting. I just want them to fix me. Fix Me.”

The Third Sunrise takes the reader into a world that is as terrifying as it is exhilarating: it depicts the life of a young woman who, at the age of twelve, was diagnosed with early-onset Bipolar Disorder and spent many years in a psychiatric hospital where she was prescribed cocktails of medications promising recovery. Recovery never found her, and frightened, she found something else: drugs and alcohol. They quickly become exactly what she needed— a brilliant, black, detour from reality.

At the age of twenty she had devoted her life to addiction and it nearly killed her in the process. Escape wasn't possible: she bathed in the darkness of cocaine, shook hands with heroin, and relished in the comfort of alcohol. She ceased to exist. The seizures she suffered at the hands of drugs, the abuse caused by those she invited into her life, and the pain she inflicted on herself and her family were lost to the underworld of drugs.

The Third Sunrise is a confessional, darkly humored, account of life through the eyes of a woman fighting to find it. More information is available at the book's web site: www.thethirdsunrise.com

The Third Sunrise: A Memoir of Madness Details

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From Reader Review The Third Sunrise: A Memoir of Madness for online ebook

Yasmina Samm says

This book dragged me through the gutters, made me cry, and opened my eyes to issues that need awareness in our society. In the end... I was uplifted and inspired. This is a great book that I would recommend to anyone looking for a good read and an emotional journey.

Debbie "DJ" says

This is a profound book. First, I have to say that professionals who work in the field of mental disorders should listen to their heart and not professional training. It is truly a sad state that so called "professionals" have no clue. The damage they cause is irreversible, and breaks my heart. I want to tell the author, thank you so much, you are so brave, and you have not only helped me, but I am sure countless others. This is a book that can break your heart, but also bring hope in the honesty of its telling. Thank you Natalie.

Nathan Daniels says

An awesome story with a powerful voice. Ironic, that a book addressing addiction, so easily becomes one. I couldn't put it down.

Paul Winkler says

This is a very scary, intense book, full of details that could only be available through previously kept journal or diary entries. An amazing narrative of horrific drug, alcohol and sexual experiences. How the writer could keep track of all of this boggles my mind.

At times, the tension and terror was relentless. How did Natalie survive through this? There were times, during the drug abuse chapters, when I just wanted to slap her and tell her to grow up. I thought "the psychiatrist was right, this is a personality disorder we are dealing with here." I was confused and annoyed.

But in the end, the familiar patterns of bipolar disorder arose from the drug- and alcohol-induced morass. The repeated fleeing from the condition, the problems with medications, all of this I know too well myself. And the background story in Edmonton, as narrated by Mr. Champagne in the 2nd Epilogue, is all too familiar to me as well. It explained a whole lot about Natalie's own experiences.

I'm not sure whether I truly enjoyed this book, or not. It made me think, it made me angry, it made me sad, and it made me hopeful. I certainly am glad to have read it. I hope that Natalie's life ahead will be an enormous improvement over the past. An excellent read, and a story I won't soon forget.

Rachel Brown says

Love this book! Natalie is an amazing writer. I finally felt understood. Her writing is beautiful and compelling

Westcoaster Linda says

This was a hard book to read. It was hard to put down. I wasn't sure whether or not to feel for Natalie, for her struggles, as it is mired in an interesting level of sarcasm but as I read more I recognized that her story is one of survival. Her heart should have stopped beating, indeed it did, but she wrote a memoir that speaks volumes.

She is equal parts angry and curious. The Third Sunrise sort of took me by surprise. I've read a ton of books, memoirs, on mental illness and addiction and they often end peacefully. But not this one.

The book is so raw, devoid of compromise, that I imagine it must have been damn hard to publish. She spares no words when describing her life.

And I thank her for this. For not holding back.

Mark Braun says

This book is an extremely well written narrative of a young woman's battle with early onset Bipolar Disorder and Addiction. I found it to be compelling and contemporary. It is a biographical journey that takes you through the thought processes of a young woman trying to find her way through mental illness, substance abuse and eating disorders. What I like is that it is brutally honest and very introspective. It chronicles the feelings of despair, hope and shattered dreams as Natalie tries to overcome her battles with Bipolar Disorder and Substance Abuse. I feel this book would be both beneficial to someone with mental illness as well as a friend or parent whose lives intertwine with those afflicted with either an affective disorder or dual diagnosis. I can also appreciate that it does not offer advice or a therapeutic cookbook on how to best deal with these afflictions. I think it is an upbeat book that takes a firsthand examination of a very troubled existence. I look forward to reading more from this articulate young author.

Claire says

Not bad - read this while on holidays.

Melanie says

It has been a long time since a book has touched me as much as this one did. I was sad when it ended because it meant saying farewell to Natalie, who I grew to respect and adore as the/her story unfolded. This was not a book I could read passively. I felt a haunting familiarity with some of the issues explored and described and thought "There but for the grace of god..." on more than one occasion. The writing is so candid, the sharing so raw and authentic, it was impossible for me not to find myself relating to the emotional, physical and psychological torment of the author. I cried, I laughed, I willed her on through her horrific experiences, grateful that I had not reached the same dark abyss that she had found herself in on more than one occasion.

The writing itself was fantastic - tight, well-paced, littered with interesting references, and accessible; down to earth and not at all pretentious. I found it such a compelling read, I started to resent the intrusion of everyday life that forced me to ever put it down!

I am excited to have discovered a new author. Not only will I be pushing this book onto everyone I know - like some kind of literary Medicine Man - but I am really looking forward to adding Natalie's next publication to my bookshelf.

tisasday says

The writer succinctly conveys the profound pains of addiction and mental illness and displays strength and hope that are all the more inspiring for a story that started out dreadfully filled with despair.
