

## **Today is a very short and sweet column....**

The treadmill taught me something today. Or I should say, reminded me of something. If I quit - it wins. I feel the same way about mental illness - If I quit, it wins! CHOOSE to win - we ALL have that choice! I don't like the treadmill and I don't like Bipolar Disorder - but I own the treadmill and I own Bipolar Disorder - I don't have to like it, but I CHOOSE to control it! I CHOOSE to win!

Please CHOOSE to win! - Cory