

This is a frank and open account spanning the decade from Steve's first breakdown in 1997 (when he was diagnosed with bipolar affective disorder) to the present day.

It is a confessional book, in many places raw, honest, and in parts shocking - it traces the circumstances and thoughts that contributed towards Steve's breakdown, through illness, losing touch with reality, to returning to whatever normality is. His story challenges common perceptions of mental illness and demonstrates how very real the experience of delusions can be.

“Steve is a man who lives life vividly, creatively, courageously. Someone who uses every experience inspiring, painful, loving and terrifying to deepen his understanding and illuminate his spiritual journey. This is a deeply moving book it is a revelation and a wake up call read and be inspired!”

Liz Aram

Communications consultant and trustee for Mind.

I hope that Fast Train Approaching will be a tool that can be used to help erode the stigma that continues to surround mental illness for such illness is no respecter of persons! It can happen to any one of us at any time.

Jenny Bloomer, Psychotherapist.



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FAST TRAIN APPROACHING

STEVE WALTER

FAST TRAIN APPROACHING

Breaking Away From Breaking Down



STEVE WALTER

“One million people commit suicide every year”
World Health Organisation