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**FOR IMMEDIATE RELEASE**  
STEVENS POINT, WI. June 13, 2023.

**Klessig duo release new mental health-focused memoir  
featuring stories from Chilton area.**

Lowell Klessig (deceased 2014) and his son Lukas Klessig have written a narrative memoir that highlights rural life and culture in area locales like Potter, Hilbert, Chilton, Brillion, Stockbridge and Brothertown.

*Words With My Father* tells of an upbringing filled with sneezing cows, corn cob fights, multi-grade classrooms, political traditions, philosophical farmers and misadventures on The Lake (Winnebago). It also examines the onset of Lowell's journey with bipolar disorder and anxiety and how his community shaped that development.

The story alternates between father's retellings and son's reflections, presenting a candid commentary on local values and lifestyles and how his neighbors handled mental illness. Lukas told us that "*WWMF* distinguishes itself from other excellent books on bipolar disorder and mental illness by championing agency over victimhood and purpose over pity."

He said: "We crafted a story that creates a sense of mystery and allows the reader to form their own perspectives instead of hitting them over the head with opinions and declarations. We all, whether we have a diagnosis or not, have to find what works for us."

Around the country, many NAMI and DBSA chapters have already chosen *WWMF* to discuss in their book clubs. Feedback, including from top researchers, has extolled the narrative's skill for enhancing viewpoints, local color and introspection.

Find the book at Amazon, Barnes & Noble, Apple Books and other retailers in hardcover, paperback and eBook formats. For more information, visit [www.wordswithmyfather.com](http://www.wordswithmyfather.com).

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