

Review of The End Justifies the Pain

Post by [Oyedeji Funmilayo](#) » 28 Jan 2023, 09:47

[Following is an official [OnlineBookClub.org](#) review of "The End Justifies the Pain" by John Frederick Zurn.]



5 out of 5 stars

I got the literal understanding of what the quote "making lemonade from the lemons life throws at us" meant when I was reading this book. *The End Justifies the Pain* by John Frederick Zurn is a book that tells the author's bipolar disorder story, his challenges, encounters, and his road to healing. The author used the name "Bob" as a figurative representation of himself before he lived past the illness. Bob and the author had a dramatic relationship that was hard to break; the author tried moving away from him, but Bob wouldn't let go of him until something happened. Find out in this book what finally made Bob let go, the author's encounter, and the healing tips he has for people fighting the same battle.

My friend would ask anyone selling or advertising a medication to him if he has used or tested it. I use his idea to affirm that the author is fit enough to write this book, having experienced the illness firsthand and survived it. Before I read this book, I had a different judgment concerning people with mental illness. Reading this book opened me to a different world, and I now view people with this illness differently. I felt pity for patients suffering from this illness and what their families have to go through. John has a stalled youth due to his health issues, and he had difficulty living a regular life. He told the story of how he didn't get jobs he was qualified for due to his health records and how they discriminated against him. I didn't blame the recruiter, but his story was tragic. If he hadn't discovered the creativity tips he shared in this book that helped him write this book, he would have lived a wasted life.

I appreciate the author's wife and am thankful to her for standing by him. She is an example of a good woman and a role model for many. Not many women can do what she did; not only did she marry a mentally challenged man, but she took it as her cross to be the sole provider of the home and even put childbearing on hold to avoid a recurrence of her husband's condition.

The author is a good writer, and this is evident in how he moved from writing his memoir to sharing healing tips and then writing poems to tell his story. If he didn't say it himself, it is hard to believe that he once had that challenge. Indeed, his ending justified the pain.

There is nothing I dislike about the book. It is not only an enjoyable read but also an inspiring one full of wisdom. At the end of the book, the author compiles a list of famous people with bipolar disorder. I saw the names of former presidents, painters, and artists who I never knew had similar challenges as the author.

I rate it **5 out of 5 stars** because it was professionally edited and written in clear language. I recommend it to people with bipolar disorder and those with challenged families or friends. Also, young adults, therapists, counselors, and readers of good books will be blessed by reading this book.

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