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# His Bright Light: The Story Of Nick Traina



## Synopsis

"This is the story of an extraordinary boy with a brilliant mind, a heart of gold, and a tortured soul. It is the story of an illness, a fight to live, and a race against death. I want to share the story, and the pain, the courage, the love, and what I learned in living through it. I want Nick's life to be not only a tender memory for us, but a gift to others. . . . I would like to offer people hope and the realities we lived with. I want to make a difference. My hope is that someone will be able to use what we learned, and save a life with it." —Danielle Steel

From the day he was born, Nick Traina was his mother's joy. By nineteen, he was dead. This is Danielle Steel's powerful, personal story of the son she lost and the lessons she learned during his courageous battle against darkness. Sharing tender, painful memories and Nick's remarkable journals, Steel brings us a haunting duet between a singular young man and the mother who loved him — and a harrowing portrait of a masked killer called manic depression, which afflicts between two and three million Americans. At once a loving legacy and an unsparing depiction of a devastating illness, Danielle Steel's tribute to her lost son is a gift of life, hope, healing, and understanding to us all.

## Book Information

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## Customer Reviews

It's hard to listen to any story that deals with the loss of a child, but Danielle Steel's memoir of her son, Nick Traina, is both tender and engrossing. In this unabridged audio version of *His Bright Light*, Steel leads us through Nick's battle with manic depression and her fight to help him survive. Although Steel herself narrates the introduction, actress Traci Godfrey, who portrays the author's strong emotions without becoming maudlin, reads the book. Anyone who has known a loved one

affected by depression will identify strongly with Ms. Steel's passionate recollections of her son's life. (Running time: 9.5 hours, two cassettes) --Sharon Griggins --This text refers to an alternate Paperback edition.

From a precocious childhood to his suicide at age 19, Nick Traina's life was a hellish roller coaster of impulsive and self-destructive behavior caused primarily by manic depression. Steel (The Long Road Home, Audio Reviews, LJ 10/1/98) painstakingly details Nick's frequent school suspensions, his wild swings of emotion, his attempts at success as a punk rocker, and the various treatments she sought in a futile effort to allow the second of her nine children to enjoy a normal life. While the renowned romance novelist is at times melodramatic and the pace is sometimes hampered by the inclusion of lengthy letters and poems, this is a compelling and surprisingly objective portrait of the devastating effects of mental illness. Steel's immense popularity will place this in demand, but it will also be of interest to young adults and those interested in personal accounts of manic depression. Susan McCaffrey, Haslett H.S., MI Copyright 1998 Reed Business Information, Inc. --This text refers to an alternate Paperback edition.

While Steele obviously has the ability to write well, I was bothered by several things in the story. It is their story, and significant to them, and a tragedy did occur. However, if you are the parent of a bipolar child who lives in the normal middle class or, for that matter, lower, it will be very difficult to relate to this book. After working in mental health for over 10 years, I can only imagine the changes it would have made in many, many lives if everyone could afford two full-time attendants, and essentially a full-time, as in 24/7, case worker in their good friend Julie. These people flew by plane repeatedly to assist Nick wherever he was at the moment or if Danielle needed extra help managing him. These are wonderful resources, but I think Danielle has very little insight into the struggles of families and mothers of children just like Nick, who can't have all those extra supports in place. Those people have the profound love for their child, as she did. But many are stuck in a very under-funded system with minimal options, if any, available to them at times. They have to sit by and watch their child disintegrate, without the benefit of being able to pick up the phone and talk to not one, but two psychiatrists he had, at any hour of the day. I don't begrudge her any of it. It is her wealth. But as a parent of a child with bipolar, I got very little out of this book.

I too have/had a son that was manic depressed, this book is the real deal. The ups and downs are very good or very bad, there is no in between. I lost my son to the disease in 2010, he was also 19. I

wish I would have read this book sooner, to know that it was real because as a mother sometimes you look for symptoms that are there but they are hidden behind a brave face. I cried through the whole book. Danielle always called it demons he was fighting, and I always claimed Bailey was fighting a war in his head. Thank you Danielle for writing this book (I can't even imagine how difficult it was to write) so others have an insight to this disease.

I ran across this book as a recommendation from . I also have not read Danielle Steel's books before. I have seen one or two movies about her books though. I had to have this book because it relates to me as well. I can sympathize with the feelings and emotions in it. My family has a history of mental illness as well. My aunt is in the state mental hospital and my nephew has to be medicated and he is only 9 years old. Myself at 40 years old also takes a medication. I have bad depression. One moment I can be so full of excitement for no reason at all that I feel like I am going to explode and my hands actually ball into fists so tight I make my own palms bleed. Then in the blink of an eye like a giant tidal wave washing over me I become so lost and filled with despair that I had often considered suicide myself. I would get this horrible feeling of hopelessness. The medication helps me a lot. This book I would recommend to anyone. Thank You Ms. Steele for this book!! Three days after buying this book I have finally finished it. The last chapter where Nick died had me in tears. I couldn't stop crying! No other book has done that to me before. I feel like I lost a family member myself and I never even knew him! Read this book if you don't read anything else. Rest In Peace Nicky!

Losing a son like losing a limb for" ds." through this memorial history all who read Danielle Steel will undoubtedly gain even more respect for her as an incredibly loving mother. R.I.P. dear Nick Traina. Thank you for this revelatory story of bipolar disorder. I know it well for myself and for my family. It is devastating. We each do the best we can to survive it. As Nick did, as Danielle and her husband did. I recommend this book to everyone so there can be greater compassion and understanding of this illness and possibly less stigma. I thank the author for her courage.

My grandson recommended this book highly a few years ago, yet I just purchased and read it. He was not wrong and I wish I had not waited so long. My daughter (and my grandson) suffer from bi-polar disease. Unfortunately, in the beginning, I was not the most understanding when my daughter was first diagnosed. It seemed as though bi-polar was the latest in a trend of labels placed on kids and I felt as though it was easy to use it as an excuse for bad behavior. I could not have

been more wrong. The pain and suffering my daughter and grandson have gone through with this mental illness in the past years has made me a believer and this book outlines the struggle from a mother's point of view. Others have said this book is repetitive and can't understand why DS goes into such great detail about her motherly love and attempts to help her son. To me, that is what makes this book great. She never gave up and how much is too much love? Unfortunately, she lost her battle in trying to save her son. I walked away from this book with a greater understanding of both bi-polar (manic depression) disease and how far down the path one can go and how far a mother will go to help her child.

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