



# Mood Down Curtain Up: Interviews With Mark Shipley

*Dennis Alstrand, Arval/Mark Shipley*

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One aspect of this book is that this is Mark Shipley's life story, told by him and me. He is a man who has lived most of his life staying one step ahead of a lurking monster called depression. He has learned to live with it, mostly through escaping into a life as an artist and entertainer. We hope if you suffer from depression, you might find some ideas that work for you. Inside these covers you'll find a lot of tears and a lot of laughs too. It's an inspiring account of the man's struggle through life. —Dennis Alstrand

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