

Mary-Jo Au

FIRST JOB:

Teaching horseback riding lessons at 14.

PROUDEST MOMENTS:

Getting married and becoming a mom to my two daughters.

FONDEST MEMORY:

Living in Hong Kong with my husband for five years.

INSPIRATION:

God

LAST BOOK READ:

An Unquiet Mind by Dr. Kay Redfield Jamison.

BEST KNOWN FOR:

Making friends.

FAVORITE OUTDOOR ACTIVITY:

Biking.

MOST UNUSUAL TALENT:

My ability to balance family, community involvement, and personal time.

BIGGEST ACCOMPLISHMENT:

Overcoming a mental illness and living to tell the tale!

LOCATION:

St. Catharines, ON

AGE:

49

YEAR DIAGNOSED:

1987

DIAGNOSIS:

Bipolar II

PHOTO CREDIT:

CHRIS BEARD PHOTOGRAPHY for bp
Photographed at Camberwell Stables, St. Catharines, ON