

Jason Adam Shimberg (born March 23, 1979) is an American writer, reporter and poet. Shimberg grew up in Deerfield, Illinois. Graduating Deerfield High School in 1997 where he excelled at basketball. After graduation Shimberg was diagnosed with bipolar disorder. Shimberg traveled to Northstar Wilderness Treatment Center in Bend, Oregon to manage the mania. Shimberg was accepted to Naropa University in Boulder, Colorado, where he honed his writing.

Life and career

Shimberg was featured on a television show called "Local Author's." The newspaper "What's Happening" published the first review of *SUM Lucid*. Shimberg has led poetry workshops students in the Chicago area. As a sports reporter, Shimberg has written for the Chicago Sun-Times, Pioneer Press, CSL Insider, Doc's Sports, and Journal & Topics Newspapers. He started as a sports statistician for Stats Inc. After multiple knee injuries, Shimberg focused less on competing and more on the practice of yoga and meditation, living at an ashram in Watsonville, California for a prolonged stretch.

Books

SUM Lucid unconsciously reminds readers how life never exactly leads people on the path they're supposed to be following.

Sum Lucid 2 delves into untreated symptoms of bipolar which can manifest into severe debilitating mood swings.

Sum Lucid Beats is poetry reminiscent of the Beat poets Shimberg admires.

Awards

Most improved player at Doug Collins basketball camp

Invited to the tournament of top 250 players in the New England area while attending Brewster Academy

A graduate of two Outward Bound courses

Scholarship to Writing Away Retreat

Published in East on Central

Admitted to Wildacres Retreat

Admitted to The Porches Retreat

References

^ Jason Shimberg: Wimbledon Trophy - Find Out What The Winners Get. Doc's Sports Service, 25.6.2005

^ Shimberg, Jason (June 9, 2005). "NBA Finals Trophy: Can You Name It?". docsports.com. Docsports. Retrieved October 30, 2008.

External Links

Jason Shimberg's Blog: www.luckytobelucid.blogspot.com

Matisyahu Fansite: <http://www.matisyahu.net/sum-lucid/>

Local Author's Video: <http://www.viddler.com/v/c43a169e>

Poetry Today Video: <http://www.viddler.com/v/dd99aca>

Book Review: http://www.goodreads.com/author_blog_posts/2058156-jason-shimberg-local-author-wandering-poet?auto_login_attempted=true

Interview: <http://bookclubreading.com/author-interviews-2/interview-with-jason-shimberg/>

Poetry Bio: <http://www.highlandparkpoetry.org/participatingpoets.html>

Library: http://highlandpark.bibliocommons.com/item/show/2137137035_sum_lucid