

## Brilliant Madness Living With Manic Depressive Illness

Mondimore focuses on the importance of building a support system for everyone affected by this unpredictable illness.

In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know. When Marya Hornbacher published her first book, *Wasted: A Memoir of Anorexia and Bulimia*, she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, in her trademark wry and utterly self-revealing voice, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage—where bipolar always beckons—is at the center of this brave and heart-stopping memoir. *Madness* delivers the revelation that Hornbacher is not alone: millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease. And Hornbacher's fiercely self-aware portrait of her own bipolar as early as age four will powerfully change, too, the current debate on

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whether bipolar in children actually exists. New York Times “Humorous, articulate, and self-aware...A story that is almost impossible to put down.”— “With the same intimately revelatory and shocking emotional power that marked [Wasted], Hornbacher guides us through her labyrinth of psychological demons.”—Elle

The author of the best-selling Moodswing presents a guide to a milder form of the disease, explaining how many people with Bipolar II are driven, high-achieving individuals who can turn their condition into an asset through a lifestyle program that may enable them to minimize drug dependency and control depression levels.

For more than 45 years, Millard has struggled with bipolar disorder. Through his own methods of dealing with this disease and the teachings of a support group, he has prospered, founding one of the most successful and profitable businesses in the direct marketing industry.

In her revealing bestseller Call Me Anna, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on The Patty Duke Show was suffering from a serious-but-treatable-mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in A Brilliant Madness Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful, paradoxical, and destructive illness. From

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what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

Like unto an Intercessor reveals the secret of intercessory prayers. This book is virtually an intercessor's manual, laying out the steps of effective intercessory action with regards to certitude, obedience (or submission), faith, bold action, steadfast perseverance, fervency, and total decisiveness. This book is for the spiritual eagles. A mountaintop experience will be achieved through these educative and practical prayer strategies. This book is a must-read for all those who desire to impact heaven through prayer. It is a must-have for intercessors and students in the school of prayer who desire to become prayer addicts.

'One of the gems of the year' - Michele Magwood, Sunday Times (Books LIVE SA) The story of a young man fighting to recover from a devastating psychotic break and the mother who refuses to give up on him. Zack McDermott, a twenty-six-year-old Brooklyn public defender, woke up one morning convinced he was being filmed as part of an audition for a TV pilot. Every passerby was an actor; every car would magically stop for him; everything he saw was a cue from 'The Producer' to help inspire the performance of a lifetime. After a manic spree around Manhattan, Zack, who is

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bipolar, was arrested on a subway platform and admitted to hospital. So begins the story of Zack's free fall into psychosis and his desperate, poignant, often darkly funny struggle to claw his way back to sanity, regain his identity, and rebuild some semblance of a stable life. It's a journey that will take him from New York City back to his Kansas roots and to the one person who might be able to save him, his tough, bighearted Midwestern mother, nicknamed the Bird, whose fierce and steadfast love is the light in Zack's dark world. Before his odyssey is over, Zack will be tackled by guards in mental wards, run naked through cornfields, receive secret messages from the TV, befriend a former Navy SEAL and his talking stuffed monkey and see the Virgin Mary in the whorls of his own back hair. But with the Bird's help, he just might have a shot at pulling through, starting over, and maybe even meeting a woman who can love him back, bipolar and all. Written with raw emotional power, humor, and tenderness, *Gorilla and the Bird* is a bravely honest account of a young man's unraveling and the relationship that saves him.

With gripping narrative and hard-won wisdom, the NYT bestselling author tackles one of the most urgent and compelling questions of our times: What does mental illness look like, and what can we do about it? With suicide rates exploding and the rates of mental health diagnoses increasing, there has never been a greater need to grapple with the complexities of the troubled mind. Terri Cheney knows this first hand. In her bestselling memoir, *Manic*, Cheney offered a gripping, no-holds-barred account of her bipolar disorder that nearly

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killed her. Now, in *Modern Madness*, she brings her narrative gifts to a book that is rich with practical insight. Structured like an owner's manual (e.g., Instructions for Use, Troubleshooting, Maintenance, Warranties), Cheney portrays the experience of mental illness from the inside out, drawing on her own struggle and recovery to illuminate a world that often seems forbidding or frightening. Using narrative as a springboard, Cheney explores broader issues common to all diagnoses, like stigma, coping skills, relationship dilemmas, and the vicissitudes of treatment. With a clear focus on the need for acceptance, both personal and public, *Modern Madness* is riveting, heartbreaking, and ultimately, hopeful. Not just for readers with a diagnosis, it will be invaluable for anyone looking to understand mental illness. With suicide rates exploding and the rates of mental health diagnoses increasing, there has never been a greater need to grapple with the complexities of the troubled mind. Terri Cheney knows this first hand. In her bestselling memoir, *Manic*, Cheney offered a gripping, no-holds-barred account of her bipolar disorder that nearly killed her. Now, in *Modern Madness*, she brings her narrative gifts to a book that is rich with practical insight. Structured like an owner's manual (e.g., Instructions for Use, Troubleshooting, Maintenance, Warranties), Cheney portrays the experience of mental illness from the inside out, drawing on her own struggle and recovery to illuminate a world that often seems forbidding or frightening. Using narrative as a springboard, Cheney explores broader issues common to all diagnoses, like stigma, coping skills, relationship

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Finalist for the Pulitzer Prize and the National Book Critics Circle Award in Biography • “One of the most beautiful biographies I've ever read.” —Glennon Doyle, author of #1 New York Times Bestseller, *Untamed* The highly anticipated biography of Sylvia Plath that focuses on her remarkable literary and intellectual achievements, while restoring the woman behind the long-held myths about her life and art. With a wealth of never-before-accessed materials, Heather Clark brings to life the brilliant Sylvia Plath, who had precocious poetic ambition and was an accomplished published writer—even before she became a star at Smith College. Refusing to read Plath’s work as if her every act was a harbinger of her tragic fate, Clark considers the sociopolitical context as she thoroughly explores Plath’s world: her early relationships and determination not to become a conventional woman and wife; her troubles with an unenlightened mental health industry; her Cambridge years and thunderclap meeting with Ted Hughes; and much more. Clark’s clear-eyed portraits of Hughes, his lover Assia Wevill, and other demonized players in the arena of Plath’s suicide promote a deeper understanding of her final days. Along with illuminating readings of the poems themselves, Clark’s meticulous, compassionate research brings us closer than ever to the spirited woman and visionary artist who blazed a trail that still lights the way for women poets the world over. This is one of the most honest autobiographies ever written on manic depression takes you as close to the manic mind as

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you can possibly get. Jason Pegler is a writer, public speaker and consultant on mental health. He works with the media, the government and mental health organisations to empower survivors and reduce stigma and discrimination. He plans to take his mental health story to Hollywood and break down the mental health taboo once and for all.

"Families are riddled with untold secrets. But Stephen Hinshaw would have never thought that in his family a profound secret had been kept under lock and key for 18 years. From the moment his father revealed his long history with mental illness and involuntary hospitalizations, Hinshaw knew his life would be changed forever. Hinshaw calls his father's reveal "psychological birth"--after years of experiencing the ups and downs of his father's illness without knowing it existed, watching him disappear for weeks at a time only to return as the loving father he had always known, everything he experienced as a child began to make sense. He learned as much as possible about his father's illness, and what began as an exploration into his father's past and mental health turned into a full-fledged career as a clinical psychologist. In *Another Kind of Madness*, Hinshaw explores the burden of living in a family "loaded" with mental illness and debunks the "stigma" behind it, explaining that in today's society, mental health problems can result in a loss of a driver's license, inability to vote or run for office, ineligibility for jury service, or automatic relinquishment of child custody. With a moving personal narrative and shocking facts about how America views mental health conditions in the 21st century, *Another Kind of Madness* is a passionate call to arms regarding the importance of destigmatizing mental illness"-- Christopher (Kit) Lukas's mother committed suicide when he was a boy. He and his brother, Tony, were not told how she died. No one spoke of the family's history of depression and bipolar disorder. The brothers grew up to achieve remarkable

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success; Tony as a gifted journalist (and author of the classic book, *Common Ground*), Kit as an accomplished television producer and director. After suffering bouts of depression, Kit was able to confront his family's troubled past, but Tony never seemed to find the contentment Kit had attained—he killed himself in 1997. Written with heartrending honesty, *Blue Genes* captures the devastation of this family legacy of depression and details the strength and hope that can provide a way of escaping its grasp.

From the gleeful heights of energy so intense that you have to take notes to follow your own thoughts to the dark depths of depression that robs you of all motivation and will to continue, bipolar disorder can take a heavy toll. Author Jason Taff writes about his first experiences with this disorder in this book, *Bipolar Life: a Journey with God*. Jason was young when he was diagnosed with bipolar disorder. He was known for soaring moods and fantastic plans as well as a quick temper and brooding depressions. When his mother was at a loss for what to do next, he was taken to a doctor. Getting to know himself better was half the battle. As he learned more about his illness, he found ways to function and to have a relatively normal life. Follow along as Jason gives insight, wisdom, and advice into the *Bipolar Life*. If you or a loved one suffers from the disorder, you'll learn how to better cope with its daily struggles, stick through the depression, and persevere past the highs. If you're just interested in learning more about the disorder, Jason Taff gladly dispels tragic stereotypes and explains the real reasons behind bipolar behavior.

"I was Bipolar. I AM Bipolar." Danielle Workman, a once blogger turned author, was faced with what she deemed terminal in her ill mind; a diagnosis of Bipolar Disorder. In this book she details her adventures and her experiences with this mental illness, including the bouts of mania, depression

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and her current thoughts on living life with it. This is a raw and real collection of truths about Bipolar Disorder, and is a beautiful tell-all novel.

In 1967, after a session with a psychiatrist she'd never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years in the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen's memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers. It is a brilliant evocation of a "parallel universe" set within the kaleidoscopically shifting landscape of the late sixties. *Girl, Interrupted* is a clear-sighted, unflinching document that gives lasting and specific dimension to our definitions of sane and insane, mental illness and recovery.

At the age of 15, during one long and difficult summer, Michael Greenberg's daughter, Sally, was struck mad. Her visionary crack-up occurred on the streets of Greenwich Village and continued, among other places, in the lost-in-time world of a Manhattan psychiatric ward during New York City's most sweltering months. *Hurry Down Sunshine* is Greenberg's journey toward comprehending mental illness in his own family. With touching honesty and intimacy, he reveals the effect of Sally's mania on those closest to her, including her easygoing brother, her stalwart grandmother, her new-age mother, her artistic, loving stepmother—and, finally, on himself. Unsentimental, nuanced and deeply humane, *Hurry Down Sunshine* is a transcendent memoir about mental illness and the restorative power of one father's love for his daughter.

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### Brilliant Madness Living with Manic Depressive Illness Bantam

We live life in the fast lane. We race to keep up with the Joneses. We are over-worked, over-connected and over-stressed, and we compete over how busy and important and sleep-deprived we are. But we don't have to. There's an ever-growing group of people opting out of a life lived at 110%. They are choosing to slow down, simplify, say no and focus on the things that are truly important.

Brooke McAlary is one of them. Brooke McAlary shows readers that no matter how busy you are, you too can feel in control of your days; minimize stress; find pockets of peace on even the busiest day; empty your mind and sleep better. *Destination Simple* shows us how a few changes to the flow of daily life can create long-term, lasting change.

Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics—grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection

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process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome, yet his arrogance made him despised by most of his scientific colleagues, even as he spurred them on to make great discoveries. While these men are extraordinary examples, Gartner argues that many Americans have inherited the genes that have made them the most successful citizens in the world.

The Star: The public saw her as a gifted child star: the youngest actor to win an Oscar for her role as Helen Keller in *The Miracle Worker* and the youngest actor to have a prime-time television series bearing her own

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name. The Nightmare: What the public did not see was Anna Marie Duke, a young girl whose life changed forever at age seven when tyrannical mangers stripped her of nearly all that was familiar, beginning with her name. She was deprived of family and friends. Her every word was programmed, her every action monitored and criticized. She was fed liquor and prescription drugs, taught to lie to get work, and relentlessly drilled to win roles. The Legend: Out of this nightmare emerged Patty Duke, a show business legend still searching for the child, Anna. She won three Emmy Awards and divorced three husbands. A starring role in Valley of the Dolls nearly ruined her career. She was notorious for wild spending sprees, turbulent liaisons, and an uncontrollable temper. Until a long hidden illness was diagnosed, and her amazing recovery recovery began. The Triumph: Call Me Anna is an American success story that grew out of a bizarre and desperate struggle for survival. A harrowing, ultimately triumphant story told by Patty Duke herself—wife, mother, political activist, President of the Screen Actors Guild, and at last, a happy, fulfilled woman whose miracle is her own life. Life as a student is good for Flynn. As one of the top pianists at the Royal College of Music, he has been put forward for an important concert, the opportunity of a lifetime. But beneath the surface, things are changing. On a good day he feels full of energy and life, but on a bad day being alive is worse than being dead. Sometimes he wants to compose and practise all night, at other times he can't get out of bed. His flatmate Harry tries to understand but is increasingly confused by Flynn's

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erratic mood swings. His friend Jennah tries to help, but Flynn finds it difficult to be around her as he struggles to control his feelings and behaviour. With the pressure of the forthcoming concert and the growing concern of his family and friends, emotions come to a head. Sometimes things can only get worse before they get better.

"With an introduction by Sen. Michael Kirby, Chair, Mental Health Commission of Canada"--Cover.

Cartoonist Ellen Forney explores the relationship between "crazy" and "creative" in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers. Shortly before her thirtieth birthday, Forney was diagnosed with bipolar disorder. Flagrantly manic and terrified that medications would cause her to lose creativity, she began a years-long struggle to find mental stability while retaining her passions and creativity. Searching to make sense of the popular concept of the crazy artist, she finds inspiration from the lives and work of other artists and writers who suffered from mood disorders, including Vincent van Gogh, Georgia O'Keeffe, William Styron, and Sylvia Plath. She also researches the clinical aspects of bipolar disorder, including the strengths and limitations of various treatments and medications, and what studies tell us about the conundrum of attempting to "cure" an otherwise brilliant mind. Darkly funny and intensely personal, Forney's memoir provides a visceral glimpse into the effects of a mood disorder on an artist's work, as she shares her own story through bold black-and-white images and evocative prose.

Longlisted for the Wellcome Book Prize 2019 Arnold

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Thomas Fanning had his first experience of depression during adolescence, following the death of his mother. Some ten years later, an up-and-coming playwright, he was overcome by mania and delusions. Thus began a terrible period in which he was often suicidal, increasingly disconnected from family and friends, sometimes in trouble with the law, and homeless in London. Drawing on his own memories, the recollections of people who knew him when he was at his worst, and medical and police records, Arnold Thomas Fanning has produced a beautifully written, devastatingly intense account of madness - and recovery, to the point where he has not had any serious illness for over a decade and has become an acclaimed playwright. Fanning conveys the consciousness of a person living with mania, psychosis and severe depression with a startling precision and intimacy. *Mind on Fire* is the gripping, sometimes harrowing, and ultimately uplifting testament of a person who has visited hellish regions of the mind. "Mind on Fire is a truly powerful, arresting, haunting account. Arnold Thomas Fanning has reckoned with the darkest matter of his heart and mind, and I challenge anyone not to be moved by that." Sara Baume, author of *Spill Simmer Falter Wither* and *A Line Made by Walking* "In this strange and singular book, Arnold Thomas Fanning mercilessly excavates the infernal underworld of his own years of madness. As reminiscent as it occasionally is of John Healy's *The Grass Arena*, and even of Orwell's *Down and Out in Paris and London*, the book is ultimately not quite like anything else I've read, and brought me as close to the lived reality of mental

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illness as I have ever been. It's a significant achievement: a painful, inexorable work of autobiography, whose existence is its own form of redemption." Mark O'Connell, Baillie Gifford Prize-shortlisted author of *To Be a Machine* "[A] painfully intense, courageous and gripping account of [Fanning's] journey to the underworld of madness and back. This is a brave and instructive book." Irish Times "This is an extraordinary memoir about how it feels to be depressed, delusional, desperate" The Observer "Incredibly important" Emilie Pine, author of *Notes to Self* "A ratcheting pace, a tight first-person immediacy, and utterly staggering to be a passenger over its entire warped course ... An indelible, ground-shaking account" Hilary A White, Irish Independent, *Memoir of the Year*, *Best Reads of 2018* "A spellbinding memoir that should prove both moving and hopefully cathartic for the reader." RTE Culture "Told in tight and immediate first-person, and imbued with a startling momentum that ratchets unnervingly, Fanning's publishing debut ... is a significant achievement and should be a talking point in publishing this year." Irish Independent "Extraordinary. An account of mental illness, grief, delusions, homelessness, a fractured family relationship ... and all while trying to recover and create. Superb writing on a frequently difficult subject." Sinéad Gleeson "Fanning's debut book lays it on the line in a deeply personal and compelling chronicle of his descent into depression and his way back out." RTE Guide "Wonderful" Joseph O'Connor, Irish Times *Books of the Year* "Unsparingly direct, searing and honest ... It is gripping to read and

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must have been exhausting to live" Medical Independent  
"One of the most gripping and revealing memoirs I've read in a long time. A controlled and artful exploration of absolute loss of control, an unsettling and at times very moving reconstruction of a period of serious mental illness, *Mind on Fire* is a beautiful book about a terrifying thing." Mark O'Connell, Irish Times Books of the Year  
"Gripping" Sinéad Gleeson, Irish Times Books of the Year  
"Shocking" Liz Nugent, Irish Times Books of the Year  
"Poignant, beautifully detailed memoir" Sarah Gilmartin, Irish Times, Best debuts of 2018  
"Brave and illuminating" Sunday Business Post  
"This is the type of account that not only grips you wholesale as the pages flutter past, it also changes your very perception of psychology" Hilary A White, Sunday Independent  
Memoir of the Year

The Johnsons were a close and loving family living in the Seattle area - two parents, two incomes, two bright and accomplished daughters. They led busy lives filled with music lessons, college preparation, career demands, and laughter around the dinner table. Then the younger daughter, Linea, started experiencing crippling bouts of suicidal depression. Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder, and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back. But her family never gave up on her. And Linea never stopped trying to find her way back to them. *Perfect Chaos* is the story of a mother and daughter's journey through mental illness

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towards hope. From initial worrying symptoms to long sleepless nights to cross-country flights and the slow understanding and rebuilding of trust, Perfect Chaos tells Linea and Cinda's harrowing and inspiring story, of an illness that they conquer together every day. It is the story of a daughter's courage, a mother's faith, and the love that carried them through the darkest times.

A riveting memoir and a fascinating investigation of the history, uses, and controversies behind lithium, an essential medication for millions of people struggling with bipolar disorder. It began in Los Angeles in 1993, when Jaime Lowe was just sixteen. She stopped sleeping and eating, and began to hallucinate—demonically cackling Muppets, faces lurking in windows, Michael Jackson delivering messages from the Neverland Underground. Lowe wrote manifestos and math equations in her diary, and drew infographics on her bedroom wall. Eventually, hospitalized and diagnosed as bipolar, she was prescribed a medication that came in the form of three pink pills—lithium. In *Mental*, Lowe shares and investigates her story of episodic madness, as well as the stability she found while on lithium. She interviews scientists, psychiatrists, and patients to examine how effective lithium really is and how its side effects can be dangerous for long-term users—including Lowe, who after twenty years on the medication suffers from severe kidney damage.

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Mental is eye-opening and powerful, tackling an illness and drug that has touched millions of lives and yet remains shrouded in social stigma. Now, while she adjusts to a new drug, her pursuit of a stable life continues as does her curiosity about the history and science of the mysterious element that shaped the way she sees the world and allowed her decades of sanity. Lowe travels to the Bolivian salt flats that hold more than half of the world's lithium reserves, rural America where lithium is mined for batteries, and lithium spas that are still touted as a tonic to cure all ills. With unflinching honesty and humor, Lowe allows a clear-eyed view into her life, and an arresting inquiry into one of mankind's oldest medical mysteries.

The definitive work on the profound and surprising links between manic-depression and creativity, from the bestselling psychologist of bipolar disorders who wrote *An Unquiet Mind*. One of the foremost psychologists in America, "Kay Jamison is plainly among the few who have a profound understanding of the relationship that exists between art and madness" (William Styron). The anguished and volatile intensity associated with the artistic temperament was once thought to be a symptom of genius or eccentricity peculiar to artists, writers, and musicians. Her work, based on her study as a clinical psychologist and researcher in mood disorders, reveals that many artists subject to

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exalted highs and despairing lows were in fact engaged in a struggle with clinically identifiable manic-depressive illness. Jamison presents proof of the biological foundations of this disease and applies what is known about the illness to the lives and works of some of the world's greatest artists including Lord Byron, Vincent Van Gogh, and Virginia Woolf.

The New York Times bestseller “A glistening psychological history, faceted largely by the biographies of eight famous leaders . . .” —The Boston Globe “A provocative thesis . . . Ghaemi’s book deserves high marks for original thinking.” —The Washington Post “Provocative, fascinating.” —Salon.com Historians have long puzzled over the apparent mental instability of great and terrible leaders alike: Napoleon, Lincoln, Churchill, Hitler, and others. In *A First-Rate Madness*, Nassir Ghaemi, director of the Mood Disorders Program at Tufts Medical Center, offers a myth-shattering exploration of the powerful connections between mental illness and leadership and sets forth a controversial, compelling thesis: The very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln's "depressive realism" to the lackluster leadership of exceedingly sane men as Neville Chamberlain, *A First-Rate Madness* overturns many of our most cherished perceptions

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about greatness and the mind.

*Mad Like Me: Travels in Bipolar Country* takes you through one woman's life and her struggles with bipolar disorder. Her fearless honesty in retelling events helps to demystify a much misunderstood mental illness, and to humanize the people it affects. This book is a testimony to hope and to a family that stood by her through both the pain and the triumph of her story at the end. A must-read for therapists, psychiatrists, patients working through recovery, and for families who may need insight into what it is truly like to have bipolar disorder.

An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her life—and concealing a pharmacy's worth of prescription drugs meant to stabilize her moods and make her "normal." In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness, Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, *Manic* does not simply explain bipolar disorder—it takes us into its grasp and does not let go.

WITH A NEW PREFACE BY THE AUTHOR In her bestselling classic, *An Unquiet Mind*, Kay Redfield Jamison changed the way we think about moods

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and madness. Dr. Jamison is one of the foremost authorities on manic-depressive (bipolar) illness; she has also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients, as her disorder launched her into ruinous spending sprees, episodes of violence, and an attempted suicide. Here Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. *An Unquiet Mind* is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

In 1992, Rahla Xenopoulos was diagnosed with bipolar disorder. Despite the devastating diagnosis, she sought education on her affliction. Although she found an abundance of literature on various mental illnesses, none of it seemed applicable to her. This situation inspired her to write a book chronicling her ongoing efforts to come to terms with a disease that is, in effect, a life sentence. The book recounts her upbringing in an eccentric, loving Jewish family, her struggle with bulimia, anorexia and self-mutilation, her attempts at suicide, finding true love and, finally, the ‘crazy, utterly unpredictable experience of giving birth to triplets’. This is neither a self-help book nor a

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medical guide. Reading this book will not cure anyone; bipolar disorder is a chronic illness. But it did help Rahla - as it will countless others - 'to understand the rhythm in the cacophony of this condition'.

With candor and humor, a manic-depressive Iranian-American Muslim woman chronicles her experiences with both clinical and cultural bipolarity. Born to Persian parents at the height of the Islamic Revolution and raised amid a vibrant, loving, and gossipy Iranian diaspora in the American heartland, Melody Moezzi was bound for a bipolar life. At 18, she began battling a severe physical illness, and her community stepped up, filling her hospital rooms with roses, lilies and hyacinths. But when she attempted suicide and was diagnosed with bipolar disorder, there were no flowers. Despite several stays in psychiatric hospitals, bombarded with tranquilizers, mood-stabilizers, and anti-psychotics, she was encouraged to keep her illness a secret—by both her family and an increasingly callous and indifferent medical establishment. Refusing to be ashamed or silenced, Moezzi became an outspoken advocate, determined to fight the stigma surrounding mental illness and reclaim her life along the way. Both an irreverent memoir and a rousing call to action, *Haldol and Hyacinths* is the moving story of a woman who refused to become a victim. Moezzi reports from the frontlines of an invisible world, as seen through a

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unique and fascinating cultural lens. A powerful, funny, and moving narrative, Haldol and Hyacinths is a tribute to the healing power of hope and humor.

"In his Pulitzer Prize-winning poetry, Robert Lowell (1917-1977) put his manic-depressive illness into the public domain. Now Dr. Kay Redfield Jamison brings her expertise to bear on his story, illuminating the relationship between bipolar illness and creativity, and examining how Lowell's illness and the treatment he received came to bear on his work"--  
Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/ companion book to Forney's 2012 best-selling graphic memoir, Marbles: Mania, Depression, Michelangelo, and Me. Whereas Marbles was a memoir about her bipolar disorder, Rock Steady turns the focus outward, offering a self-help survival guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

Surviving Manic Depression is the most authoritative book on this disorder, which affects more than two million people in the U.S. alone. Based on the latest research, it provides detailed coverage of every aspect of manic depression-from understanding its causes and treatments to choosing doctors and managing relapses-with guidance drawn from the latest scientific information. Drs. Torrey and Knable provide thorough, up-to-date coverage of all aspects of the disease, including a detailed description of

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symptoms (with many direct descriptions from patients themselves), risk factors, onset and cause, medications (including drugs still in the testing stage), psychotherapy, and rehabilitation, as well as information about how the disease affects children and adolescents. Here too are discussions of special problems related to manic depression, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. *Surviving Manic Depression* also includes special features such as a listing of selected websites, books, videotapes, and other resources. This book emerged out of a website, the Icarus Project, which has been helping a brilliant and disparate group of folks find ways to talk about manic depression that make sense to the people living with it, and helps them to live better lives rather than backing them into corners. This book began as a way of bringing these conversations onto the written page and into the hands of people who might not spend time on the internet. It has evolved to be a set of alternative roadmaps for people who are trying to take care of themselves and live out their dreams. Now in a new revised, expanded tenth anniversary edition!

On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with

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the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death—and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, *When Nothing Matters Anymore* defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression.

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“This Is Your Brain on Joy is a thoughtful, practical, life-changing book that will help you take advantage of the latest neuroscience research—combined with biblical insights—to bring more joy and love into your life.” —from the Foreword by Daniel G. Amen, MD  
Author and speaker for the PBS special Change Your Brain, Change Your Life  
What does your brain have to do with experiencing joy? A lot more than most of us realize. In this breakthrough book, Dr. Earl Henslin reveals how the study of brain imaging turned his practice of psychotherapy upside down—with remarkably positive results. He shares answers to puzzling questions, such as Why isn't my faith in God enough to erase my blue moods? Why haven't I been able to conquer my anger? Pray away my fear and worry? Why can't I find freedom from secret obsessions and addictions? Using the Brain System Checklist, Dr. Henslin explains what happens to the 5 Mood Centers in the brain when any of those areas are out of balance. This is great news, especially for those tortured by the fear that something is fundamentally wrong with them when the problem actually lies between their ears. Read this practical, easy-to-understand, and often entertaining book, and you'll know exactly how to nourish your mind, balance your brain, and help others do the same. After all, the capacity for joy is a terrible thing to waste.

A much-praised memoir of living and surviving

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mental illness as well as "a stereotype-shattering look at a tenacious woman whose brain is her best friend and her worst enemy" (Time). Elyn R. Saks is an esteemed professor, lawyer, and psychiatrist and is the Orrin B. Evans Professor of Law, Psychology, Psychiatry, and the Behavioral Sciences at the University of Southern California Law School, yet she has suffered from schizophrenia for most of her life, and still has ongoing major episodes of the illness. *The Center Cannot Hold* is the eloquent, moving story of Elyn's life, from the first time that she heard voices speaking to her as a young teenager, to attempted suicides in college, through learning to live on her own as an adult in an often terrifying world. Saks discusses frankly the paranoia, the inability to tell imaginary fears from real ones, the voices in her head telling her to kill herself (and to harm others), as well as the incredibly difficult obstacles she overcame to become a highly respected professional. This beautifully written memoir is destined to become a classic in its genre.

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