

Bipolar Disorder The Secret True Stories Of Life In A Psychiatric Hospital

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Dive deep into the rarely heard, authentic true stories of life within a psychiatric hospital, offering an unflinching look at living with bipolar disorder. These profound personal accounts illuminate the often-secret realities, challenges, and moments of resilience faced by individuals navigating mental health treatment, providing invaluable insights into their journeys.

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Chaos to Cured

The moonlight sliced into the alleyway as twenty-one-year-old Kirk Miller opened his eyes and stared at the night sky. His head throbbed as the world spun gently. The cold, hard cement felt oddly soothing, but even with all the alcohol and drugs flowing through his veins, Kirks mind was still racing. It would be a year until he was told that those feelings were related to what professionals called a manic episode. Welcome to the world of bipolar disorder. It is no secret that bipolar disorder is one of the most misunderstood and devastating mental disorders for the diagnosed and those who care for them. But what if there were a cure? In his compelling memoir, Miller details how he was diagnosed with the most severe form of bipolar disorder, was told he would never lead a normal life, and eventually refused to accept his fate. As he began a determined search for answers through research, educated guesses, and risks that nearly cost him his life, Miller shares how he stumbled onto a new method of treating his disorder that, remarkably, helped him achieve a full recovery. Chaos to Cured shares the true story of one mans courageous journey to finding a cure for bipolar disorder with the hope that everyone will one day have a second chance in life.

Mental Illness is an Actual Illness

A riveting memoir, Mental Illness is an Actual Illness, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private

conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. Mental Illness is an Actual Illness shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fifth book in his Workings of a Bipolar Mind series. Get it Now! ÿRelated Authors: Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merryl Hammond Julie A. Fast Dave Mowry David J. Miklowitz Aimee Daramus PsyD Terri Cheney Merryl Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books: An Impossible Life: The Inspiring True Story of a Woman's Struggle from Within The Weight of Air: A Story of the Lies about Addiction and the Truth about Recovery Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education Madness: A Bipolar Life Mad Like Me: Travels in Bipolar Country Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) OMG That's Me!: Bipolar Disorder, Depression, Anxiety, Panic Attacks, and More... The Bipolar Disorder Survival Guide: What You and Your Family Need to Know Understanding Bipolar Disorder: The Essential Family Guide Manic: A Memoir Navigating Bipolar Country: Personal and Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS: How to Recover from Bipolar Illness: An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire: Manic-Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder (A Johns Hopkins Press Health Book) Keywords: Mental Health, Bipolar Disorder, Manic Depression, Mania, Depression, Memoir Guide Survival

Bathed in Blue

" "Bathed in Blue; Richly Informative. Ms. Ross does not only give us a resourceful reference for bipolar disorder but also a fascinating narrative of her daughter's suicidal process." " - By Dr Paul Wong, Clinical Psychologist & Training Consultant Hong Kong University Description This is a real life drama about a child of nine developing into a young woman and as the onset of puberty evolved, so did the condition bipolar affective disorder. Jennifer and her family struggled with an unnamed, unmedicated serious medical condition for 6 years before eventually the diagnosis bipolar affective disorder was made after a traumatic hospitalization. Once Jennifer was eventually hospitalized her troubles were not over. The metaphor for treating Jennifer was the equivalent of that of an ostrich, some professionals putting their heads in the sand and hoping she would go away. According to Stephen Fry s BBC s documentary The Secret Life of the Manic Depressive the incidence of bipolar affective disorder has risen from 1%-5% in the population. New research proves that there are genetic links; bipolar affective disorder is not going away and the sufferers at risk of suicide are more than 15 times at risk to succeed at taking their own lives. Jennifer s story highlights that the early diagnosis and subsequent treatment for bipolar disorder needs to be improved. Jennifer asked me to be her voice to tell her story. The stigma of mental illness and high suicide rates renders sufferers invisible and after suicide - mute. Their stories buried or cremated with them. I describe our difficulties to access help for Jennifer in acute and chronic situations in two different countries. Jennifer describes her situation in the wards, in the community and her struggle to be heard by her psychiatrist and her thoughts on suicide, her treatment and her life. After her fourth episode Jennifer sat down with me and asked why it was it so hard to get the help she needed? We decided together write about it. Hence her personal writings. I hope by writing this book that the illness can be better understood by professionals and the community. I want the treatment to improve so much that the lives of chronic sufferers become more worth living and that suicide is taken seriously in sufferers with bipolar disorder and is no longer a high risk. About the Author When Rona was twelve her father was committed to a locked ward in the local psychiatric hospital. A short time later one of her aunts was also detained in the same hospital. Happily both relatives recovered. At seventeen Rona trained and worked as a Registered General Nurse in Scotland. Her training included experience in this same psychiatric hospital where she worked on the same high security locked ward where her father was committed . She also worked in Dr Naylor s famous metabolic unit for sufferers of manic depression. Two decades later she visited her seventeen year old daughter, Jennifer, who was committed in a locked ward under section 28 of The Mental Health Act of 1984 over a six year period. Therefore, mental illness is not a stranger to her. Her two children were brought up in Hong Kong and both went to university in Britain. She did her degree in Humanities in Hong Kong and at the same time she trained as a counsellor with two Non Government Organizations. She has worked as a counsellor since 1988. "

Dark Clouds Gather

Description This book includes a true story about reaching the very edge, the very depths and heights of bipolar illness, but almost always with a sense of humour. Much like a car crash, people cannot help but look when they spy on these sort of black events. It is a new perspective on manic depression as in Prof K.R. Jamison's autobiography about her illness in *An Unquiet Mind*, but mixed explosively with S. Kaysen's immersion into madness in *Girl, Interrupted*; except this book feels like it's been written whilst on crack-cocaine and directed by Quentin Tarantino on a blood-thirsty day. This book may be dark but its underlying message is one of hope. Sometimes you have to see the depths of Hades before you can really appreciate life and health. Being a manic depressive from just 5, then adding in anorexia, bulimia, self-harm and hundreds of suicide attempts, "typical" student substance misuse on the heavy end of "normal," culminating in a long hospitalisation when I was an Oxford doctoral student in clinical medicine. I ended up totally "mad," in a long-term psychotic mixed episode (being both manic and depressed concurrently, and suffering from delusions and hallucinations) and several actual deaths that I was revived from. This had a massive impact on the lives of my friends and family who have been dragged through 25 years of serious illness whilst feeling helpless and scared. I also experienced a lot of unhelpful medical treatment and misdiagnoses - all detailed here, which should teach those in the profession what not to do. This book will also answer the questions of friends and family, and give some pointers of ways to help and not help. I lost many friends as I withdrew into my illness, but I made many friends with people similarly ill. Some have died, some have recovered, and some remain ill. All agree that such a complete and honest book like mine is needed. This is my autobiographical tale, a girl who came from nowhere "up North" to study medicine at Oxford University and spent the majority of her life quite literally mad, but never stopped laughing about it. This suits a wide audience for personal and professional reasons. I want to reach sufferers, carers, and professionals. I am proof that anything can be overcome, what should not be survived can be, and that nothing is more important in these diseases than hope.

About the Author Katy Sara Culling was born in Liverpool, North England, in 1975. Daughter of Sue and Paul Culling, her family moved back to its roots in Derbyshire, where she grew up along with her younger sister Beth, in the village of Castle Donington, on the Derbyshire-Leicestershire border. However, even as young as 5 she exhibited symptoms of bipolar disorder. She attended a private school for girls, Loughborough High School, where she was a high achieving student. Unfortunately, due to bullying and also to numb her mania and depression, she developed anorexia nervosa and began to self-harm. Katy Sara then went to The University of Nottingham, where she studied Biochemistry and Nutrition. She did her (1st class) thesis on alcohol and metabolism, interested in the psychology of Alcoholism. All this was done despite considerable illness including over 60 suicide attempts and purging-type anorexia - and yet more bullying. Her good work at Nottingham led to an offer of a place at The University of Oxford, where she studied for a PhD (DPhil) in Clinical Medicine. In her final year she became so ill with bipolar disorder that she was in hospital (first as a day patient, then an inpatient, and eventually a sectioned inpatient). During that year and a half she attempted suicide over 300 times, dying twice, only to be revived. She finally, at the age of 28 got a diagnosis of bipolar disorder and the correct medication, and has been mostly fine ever since. She later wrote up her PhD thesis and published her results. Now Katy Sara is mostly well and has become a writer, wanting to prevent other

The Bipolar Expeditionist

The *Bipolar Expeditionist* describes what it is like to experience every level of mania right up to the fully blown stage, as well as the depressing stagnating flipside. Far less stigma and taboo are attached to illnesses of the mind these days, but that's still not good enough, so these issues are also addressed. This book enables readers of any level, age or race to comprehend an often tricky subject in a way that isn't too heavy and overpowering, but with just enough mental glue to stick. The *Bipolar Expeditionist* is not only a true story, it is an inspirational tool that can be used by caregivers, sufferers and medical professionals for many years to come. Optimism oozes out of the pages, telling the bipolar beholder or their loved ones that all is never lost. By the time *The Bipolar Expeditionist* has been read you will realise exactly why you will never be left alone, and that despite the agonizing slog you will always pass the test, and then go on to enjoy a fulfilling and creative life, just as God intended.

The Entropy of Bipolar Disorder

A riveting memoir, *The Entropy of Bipolar Disorder*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping

and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. The Entropy of Bipolar Disorder shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fourth book in his Workings of a Bipolar Mind series. Get it Now! ÿRelated Authors: Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merryl Hammond Julie A. Fast Dave Mowry David J. Miklowitz Aimee Daramus PsyD Terri Cheney Merryl Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books: An Impossible Life: The Inspiring True Story of a Woman's Struggle from Within The Weight of Air: A Story of the Lies about Addiction and the Truth about Recovery Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education Madness: A Bipolar Life Mad Like Me: Travels in Bipolar Country Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) OMG That's Me!: Bipolar Disorder, Depression, Anxiety, Panic Attacks, and More... The Bipolar Disorder Survival Guide: What You and Your Family Need to Know Understanding Bipolar Disorder: The Essential Family Guide Manic: A Memoir Navigating Bipolar Country: Personal and Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS: How to Recover from Bipolar Illness: An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire: Manic-Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder (A Johns Hopkins Press Health Book) Keywords: Mental Health, Bipolar Disorder, Manic Depression, Mania, Depression, Memoir Guide Survival

Workings of a Bipolar Mind 1-5

A riveting memoir, Workings of a Bipolar Mind, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. Workings of Bipolar Mind shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fifth book in his Workings of a Bipolar Mind series. Get it Now! ÿRelated Authors: Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merryl Hammond Julie A. Fast Dave Mowry David J. Miklowitz Aimee Daramus PsyD Terri Cheney Merryl Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books: An Impossible Life: The Inspiring True Story of a Woman's Struggle from Within The Weight of Air: A Story of the Lies about Addiction and the Truth about Recovery Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education Madness: A Bipolar Life Mad Like Me: Travels in Bipolar Country Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) OMG That's Me!: Bipolar Disorder, Depression, Anxiety, Panic Attacks, and More... The Bipolar Disorder Survival Guide: What You and Your Family Need to Know Understanding Bipolar Disorder: The Essential Family Guide Manic: A Memoir Navigating Bipolar Country: Personal and Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS: How to Recover from Bipolar Illness: An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire: Manic-Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder (A Johns Hopkins Press Health Book) Keywords: Mental Health, Bipolar Disorder, Manic Depression, Mania, Depression, Memoir Guide Survival

Millions Like Me

A riveting memoir, Millions Like Me, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. Millions Like Me shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the first book in his

Workings of a Bipolar Mind series. Get it Now! ÿRelated Authors: Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merry! Hammond Julie A. Fast Dave Mowry David J. Miklowitz Aimee Daramus PsyD Terri Cheney Merry! Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books: An Impossible Life: The Inspiring True Story of a Woman's Struggle from Within The Weight of Air: A Story of the Lies about Addiction and the Truth about Recovery Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education Madness: A Bipolar Life Mad Like Me: Travels in Bipolar Country Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) OMG That's Me!: Bipolar Disorder, Depression, Anxiety, Panic Attacks, and More... The Bipolar Disorder Survival Guide: What You and Your Family Need to Know Understanding Bipolar Disorder: The Essential Family Guide Manic: A Memoir Navigating Bipolar Country: Personal and Professional Perspectives on Living with Bipolar Disorder BIPOLAR WELLNESS: How to Recover from Bipolar Illness: An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery Touched with Fire: Manic-Depressive Illness and the Artistic Temperament The Concise Guide to Bipolar Disorder (A Johns Hopkins Press Health Book) Keywords: Mental Health, Bipolar Disorder, Manic Depression, Mania, Depression, Memoir Guide Survival

Betty'S Battle

This book is a true story about the author's struggles with schizophrenia and depression. It tells how the author's dreams were shattered because of her illness and how she later learned to live life to the fullest. In this book, the author provides us with a window into the realm of schizophrenia, her sense of being controlled by voices, frightening hallucinations, and delusions. She recounts a life at times escalating into violence, leading to remorse and regret. When she was first diagnosed with the illness, it was emphasized that this was an illness she would have to live with for the rest of her life. As of today, the author has no signs of schizophrenia or depression. She refers to her condition, "by the help and grace of God," as being "well" and in "remission."

Family Experiences of Bipolar Disorder

Bipolar disorder can be a devastating illness, seriously affecting not only the person with bipolar but also their children, partner, parents, family and friends. While most people are familiar with the terms 'manic depressive' and 'bipolar disorder', there remains a lack of real understanding about the illness and many sufferers and their families can feel helpless, alone and misunderstood. Family Experiences of Bipolar Disorder is a personal and honest account of bipolar disorder. The author Cara Aiken has lived with bipolar for 10 years, and in this book she gathers together her experiences and those of a host of contributors to portray the reality of the illness and its impact on family life. Their children give open and frank accounts of their lives with a bipolar parent, and partners and close family members explain how it has affected them. The book also features important facts and figures related to bipolar which are contributed by leading experts. This moving and insightful book will provide an invaluable source of guidance, advice and support to people with bipolar disorder and their families, as well as an insight for professionals into the reality of life with the illness.

Living With Someone Who's Living With Bipolar Disorder

An essential resource for anyone who has a close relationship with a person who is bipolar This book provides a much-needed resource for family and friends of the more than 5 million American adults suffering from bipolar disorder. From psychotic behavior that requires medication to milder mood swings with disturbing ups and down, this book offers a warm and often humorous user-friendly guide for coping with bipolar loved ones, colleagues, and friends. The book includes Guidance for identifying bipolar disorder symptoms and how to get the diagnosis confirmed Strategies for dealing with rants, attacks, blame, depression, mania and other behaviors Crucial information on medication and its effectiveness and potential side-effects Techniques for dealing with attempts to self-medicate with drugs and alcohol How many people with bipolar disorders can care for themselves, get help, feel supported and go on with their own lives This important book contains real-life illustrative examples and a wealth of helpful strategies and coping mechanisms that can be put into action immediately.

Bipolar Disorder

Learn Life-Enhancing Lessons from a fellow struggler who's been there and is helping hundreds to reclaim and redirect their lives. This is the true story of one man's battle to recover from depression, mania, the stigma of mental illness, and the trauma of childhood emotional and sexual abuse.

From the Inside of the Keyhole

Adventure, excitement, escape, and incarceration are keywords from the psychiatric autobiography, *From the Inside of the Keyhole*. This challenge to a diagnosis of manic depression or bipolar disorder will have you riding on the crest of a wave as you wonder what will happen next. Diagnosed with manic depressive psychosis at sixteen years of age, author Margaret Griffiths takes you on a journey that will expose you to the detrimental effects of psychiatric drugs and the mysteries of life in a mental institution. You will find poignancy and heartbreak, interspersed with anger, frustration, hope, and achievement; you will be touched by the logic of unreality. Is it possible for a peaceful, rational individual to emerge from a plethora of drugs, frequent seclusions, and recurrent internment? *From the Inside of the Keyhole* is set mainly in Queensland, Australia, with a short period in Singapore and Hong Kong, but the message it carries is relevant around the globe. Check out the strategies, developed by the author, which may free you from the effects of emotional turmoil, lack of sleep, and the need for psychiatric drugs.

What a Life Can Be

A fascinating look into the world of schizo-affective disorder which, at times, is funny, heartbreaking, but above all uplifting. Dr. Carolyn Dobbins describes the onset and progression of this debilitating disease and gives readers hope. The book breaks through the stigma as mental illness affects us all. Included at the end are facts about serious mental illness, the 6 A's of self help and Dr Dobbins' message to her counseling colleagues who may be surprised, as all readers will be, by the ending. In an advance review, the National Alliance on Mental Illness said this book is told in an unorthodox but very effective manner." and that "people are more than their illness." Dr E Fuller Torrey, author of *Surviving Schizophrenia*, said "an inspiration for all who have ever experienced psychosis" Dr. Thomas G Burish, a professor of psychology and Provost of Notre Dame University said this book is "powerful and revealing, and provides a unique insight into chronic mental disease." He added that the book is "a probing, liberating story"

Bipolar Rising

A riveting memoir, *Bipolar Rising*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. *Bipolar Rising* shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the seventh book in his *Workings of a Bipolar Mind* series. Get it Now! Related Authors: Sonja Wasden David Poses Katie Rose Guest Pryal Marya Hornbacher Merryl Hammond Julie A. Fast Dave Mowry David J. Miklowitz Aimee Daramus PsyD Terri Cheney Merryl Hammond PhD Michael Rose MA Kay Redfield Jamison Francis Mark Mondimore Related Books: *An Impossible Life: The Inspiring True Story of a Woman's Struggle from Within* *The Weight of Air: A Story of the Lies about Addiction and the Truth about Recovery* *Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education* *Madness: A Bipolar Life* *Mad Like Me: Travels in Bipolar Country* *Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner* (The New Harbinger *Loving Someone* Series) *OMG That's Me!: Bipolar Disorder, Depression, Anxiety, Panic Attacks, and More...* *The Bipolar Disorder Survival Guide: What You and Your Family Need to Know* *Understanding Bipolar Disorder: The Essential Family Guide* *Manic: A Memoir* *Navigating Bipolar Country: Personal and Professional Perspectives on Living with Bipolar Disorder* *BIPOLAR WELLNESS: How to Recover from Bipolar Illness: An Entertaining Memoir with Simple Action Strategies for Every Stage of Recovery* *Touched with Fire: Manic-Depressive Illness and the Artistic Temperament* *The Concise Guide to Bipolar Disorder* (A Johns Hopkins Press Health Book) Keywords: Mental Health, Bipolar Disorder, Manic Depression, Mania, Depression, Memoir Guide Survival

Memoirs of a Bipolar Soul

DescriptionThe book *Memoirs of a Bipolar Soul* is the true story of the author's unique experience as an adult with bipolar manic depression. Based on his experiences over a thirty-four year period, the book chronicles the many difficult, sometimes dangerous situations that he has faced because of his disorder. Not only does the book describe various living situations and personal relationships, it also portrays the inner struggle of an individual overwhelmed by a major mental illness. The book also describes the role creativity and spirituality play in understanding and treating bipolar manic depression. Ultimately, however, the book offers hope, as the author gains wisdom in managing symptoms and understanding the world. **About the Author**John Zurn has been faced with the challenge of bipolar manic depression for his entire adult life. Despite this disability, he has still managed to work and write for over thirty years. As a teacher and rehabilitation counselor, he has helped others find a sense of hope and purpose. As a poet and seeker, he continues to describe the promptings of the human spirit. Zurn credits his long term recovery to symptom management and the willingness to learn from his mistakes. Zurn is fifty-four years old, and has an M.A. in English from Western Illinois University. He lives in Geneva, Illinois with his wife, Donna.

Workings of a Bipolar Mind 1-3

A riveting memoir, *Workings of a Bipolar Mind*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. *Workings of Bipolar Mind* shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fifth book in his *Workings of a Bipolar Mind* series. Get it Now!

Rochester Stories

The author discusses his experiences in Rochester, including several stints as a patient in both a regular hospital and the State psychiatric hospital, medication, carpentry studies and construction work, living in a group home and on his own, his passion for art and writing, and a special relationship with a woman.

Workings of a Bipolar Mind 1-7 Omnibus: The Inner Mind of Someone with Bipolar Disorder

A riveting memoir, *Workings of a Bipolar Mind*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. *Workings of Bipolar Mind* shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fifth book in his *Workings of a Bipolar Mind* series. Get it Now!

Insanity: A Love Story

Bipolar Battle Plan by Troy Gillem is a no-holds-barred view of bipolar disorder. Gillem offers riveting first-hand descriptions of his own episodes and those of people he interviewed. Gillem provides an aggressive action plan to manage one's symptoms and life in general, covering everything from creating a balanced medical protocol to selecting a compatible psychiatrist. This refreshing book is a boon to persons with bipolar disorder, professionals in the field, and interested friends and family members. -Ellen Bowers, Ph.D Victory means living a productive, happy life and making your dreams come true!

Bipolar Battle Plan

A riveting memoir, *Workings of a Bipolar Mind*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy

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Workings of A Bipolar Mind 1-3 Omnibus: The Inner Mind of Someone With Bipolar Disorder

In the tradition of Kay Redfield Jamison's *An Unquiet Mind*, *Acquainted with the Night* is a powerful memoir of one man's struggle to deal with the adolescent depression and bipolar disorder of his son and his daughter. Seven years ago Paul Raeburn's son, Alex, eleven, was admitted to a psychiatric hospital after leaving his fifth-grade classroom in an inexplicable rage. He was hospitalized three times over the next three years until he was finally diagnosed by a psychiatrist as someone exhibiting a clear-cut case of bipolar disorder. This ended a painful period of misdiagnosis and inappropriate drug therapy. Then Raeburn's younger daughter, Alicia, twelve, was diagnosed as suffering from depression after episodes of self-mutilation and suicidal thoughts. She too was repeatedly admitted to psychiatric hospitals. All during this terrible, painful time, Raeburn's marriage was disintegrating, and he had to ask what he and his wife might have done, unwittingly, to contribute to their children's mental illness. And so, literally to save his children's lives, he used all the resources available to him as a science reporter and writer to educate himself on their diseases and the various drugs and therapies available to help them return from a land of inner torment. In Paul Raeburn's skilled hands, this memoir of a family stricken with the pain of depression and mania becomes a cathartic story that any reader can share, even as parents unlucky enough to be in a similar position will find it of immeasurable practical value in their own struggles with the child psychiatry establishment.

Acquainted with the Night

Growing up in a deprived area of North East England in the 1970's, alcoholism and violence played a huge role in Karen's everyday family life. But things were only to become more difficult when, at the age of seventeen, she began her battle with anxiety and depression, an illness nobody recognised. At times feeling as though she was locked inside her own mind, Karen tried to make sense of her heightened and intense emotions. Her reality became a devastating, deteriorating state of existence, and no one seemed to understand what was happening to her. A number of harrowing, recurrent and often bizarre episodes - including a phantom pregnancy, a nightclub assault, and an unhealthy obsession with a celebrity - eventually lead to Karen being sectioned under the mental health act and taken into hospital. It then took years and many more dramatic relapses before doctors would finally give her the correct diagnosis of bipolar disorder. This is a no-holds-barred, inspirational true story of how, despite losses and difficulties along the way, Karen Manton learned to manage her illness, stay out of hospital, and find those 'brighter days'. Trigger are proud to announce Theinspirationalseries partner to their innovative Pullingthetriggerrange. Theinspirationalseries promotes the idea that mental illness should be talked about freely and without fear. Find out more at www.triggerpublishing.com

Brighter Days

A revised and updated edition of a collection of personal essays that illuminate what life is like for those who live with mental illness, and how it impacts their family members. More than 4 million Canadians and 57 million Americans suffer from a diagnosable mental illness, and yet there are still considerable stigmas and a great deal of misunderstanding surrounding even the most common diagnoses—schizophrenia, bipolar disorder, autism, obsessive-compulsive disorder, clinical depression, post-traumatic stress disorder, and dissociative identity disorder. Rather than analyze the diagnoses and symptoms, these first-hand accounts focus on the very essence of a psycho-emotional breakdown, and respond to the mental, physical, and emotional turmoil it inevitably causes. What does a mother do when her teenage son's personality suddenly fractures? How does a police officer cope when his employer refuses to provide adequate care until he can prove his PTSD is work-related? How do children grow up under the care of a manic father whose illness lands him in and out of medical and social incarceration? Raw, honest, and painful, these essays communicate disappointment and despair, but also courage and compassion. They offer a lifeline for sufferers and support for their friends and family, and promote

new and improved attitudes toward those with mental illness. With a foreword by respected physician, bestselling author, and renowned speaker Dr. Gabor Maté, *Hidden Lives* gives readers a place to turn, and provides a platform to share their struggle.

Hidden Lives

Summary: You'll go inside the challenges of bipolar disorder, through dozens of true stories written by those with the disorder and by those whose lives have been touched by the disease.

Voices of Bipolar Disorder

A riveting memoir, *Workings of a Bipolar Mind*, tells the stunningly brave and powerful true account of one man's descent into major depressive and manic episodes and how he found lifesaving therapy and medication to overcome and triumph. When thirty-five-year-old John Medl is involuntarily admitted to a psychiatric hospital, he is sure it is a mistake. A graduate from the University of Dayton with a Bachelor of Arts in Psychology, John's life appears ideal. How did he get here? In this gripping and breathtaking narrative that makes the reader feel as though they are listening in on a private conversation, John reveals his delusions and battles with mental illness. Intriguing and riveting, this true story of perseverance, when all hope seems lost, is inspiring and unforgettable. *Workings of Bipolar Mind* shines as a beacon of hope for all struggling with their mental health that they can find their own path to healing. It is the fifth book in his *Workings of a Bipolar Mind* series. Get it Now!

Workings of A Bipolar Mind 1-5 Omnibus: The Inner Mind of Someone With Bipolar Disorder

Sample Text

The Years of Silence are Past

Beating Bipolar is an insider's view of a mental illness shared by nearly six million adult Americans. From his perch as therapist, life coach, and fellow sufferer, author Blake LeVine demonstrates that life can be rich and rewarding, despite the need to tend to the day-to-day challenges of a potentially debilitating illness. In offering tried-and-true strategies, based on medication, therapy, and support, he provides more than just commonsense advice for maintaining long-term sanity, however. Blake weaves his own inspiring bipolar story with uplifting examples of others who have overcome this condition with commitment and hard work. He shows that it can be done! *Beating Bipolar* is written for patients, family members, and other advocates who want to stop the ruinous thoughts and behaviors linked to this disorder. It's crafted for anyone who longs for a path to wellness but may need help in identifying and taking the first critical steps. Finally, this book is a must-read for everyone who is eager to turn the darkness of a mental illness into the glow of a healthy, fulfilling life.

Beating Bipolar

What is that (FLB) funny-looking bird? Is it a rooster? Is it a goose? Is it a duck? An eagle? C'est la vie, whatever will be will be. It is a bio-epigenetic outlier, and with the right structure support and stroking, it will manifest its alpha one destiny. Be him/her animal or human, like Sea Biscuit the horse, Balto the sled dog, Rudolf the reindeer, Gus the polar bear, Elsa the Lion, or King David, Beethoven, Lincoln, Churchill, Poe, Goethe a successful outcome is achieved. This book is about real people professionally diagnosed with bipolar disorder who had the right stuff and the right people at the right time to manifest over time an alpha one mission oriented personality at the top. All individuals with mood swings had mood swings at one time. Some people with mood swings still have mood swings sometimes. No individual with mood swings has mood swings all the time. Individuals who do not have mood swings at anytime. In the treatment of bipolar disorder, one size does not fit all. There must be variations on that theme customized to adapt to changing seasons, ages, and environments. Successful treatment outcome is based on a checklist structure. There are no two snowflakes or butterflies alike. There are no identical twins alike, and there are no two bipolar personalities alike. Read the true life stories of the bipolar patients and their families who, for more than forty years, contributed to the research done in this book.

The Bipolar Manifesto

So, you've just been diagnosed with bipolar disorder, also known as manic depression. The first thing I want to tell you is that the world is not over! Life does continue. Even though you are probably looking

through this booklet while in a psychiatrist's office or a hospital room, life does go on - and happily, I might add! The fact that you have this disorder is simply another challenge to deal with, and should be regarded as such. Of course, being bipolar is a special challenge. It's not like studying for a test or performing well in a sporting event. It comes with a whole new group of emotions and situations. What this booklet will do is help you get through the next few months of your life.

5150 - the One Who Flew Into the Cuckoo's Nest

My life has been a series of twists and turns, thunderstorms slowly transforming in to sunshine. Living with Bipolar disorder and the complications that it brings with it, as well as having experienced neonatal loss, trauma in my teenage years, divorce and stays in a psychiatric ward has shaped me in to the person I am today. I hope this book will help you, if you are struggling with mental health issues, loss or anxiety I applaud you for reaching out, joining me on my journey and discovering how, with the right support everyone can lead a healthy, fulfilling life. PLEASE NOTE. THIS BOOK MAY NOT BE PASSED ON OR SHARED WITHOUT EXPLICIT PERMISSION FROM AUTHOR.

The Bipolar Disorder Manual

Ten years after defeating the severe bipolar disorder that nearly tore his life apart, Kirk Miller returns with a revised and updated edition of *Chaos 2 Cured*, a memoir of positivity, light, and hope. When a young man is diagnosed with a severe form of bipolar disorder, he embarks on a determined quest to find answers that eventually lead to his full remission and recovery. "After practicing medicine for over forty years, I never dreamed that one of my patients would discover the most effective method of treating bipolar... I hope everyone will find Mr. Miller's memoir as inspiring and surprising as I found watching his recovery." -Dr. Robert Simon, MD Kirk Patrick Miller is an award nominated author and violinist. Suffering with bipolar one, ADHD, OCD, and generalized anxiety, his life was upended when he refused to give in to the diagnoses he was labeled with. After becoming the first medically documented case of full remission from bipolar, due to his unique endocrine treatment method he was asked to write his memoir, "*Chaos 2 Cured*." Now, ten years after writing his memoir he stands as a testament to hope and perseverance. Stable and successful, Mr. Miller runs a music institute, is a professional painter, author, speaker, and radio personality. His desire to help others find hope comes from being granted a second chance he believes everyone deserves. First and foremost he stands against shame and judgment of any kind. Mr. Miller believes that each and every individual can attain their potential with work, faith in themselves, and the understanding that what is often seen as a weakness is actually our greatest source of power. He stands firm in his belief that the key to living a fulfilling life is in accepting and loving the person we are, all while turning our hardships into wisdom, love, and compassion for all.

The Sun Will Shine Again

Always Unstable is the story of my life living with mental illness. I have Bipolar I Disorder, Borderline Personality Disorder, and Anxiety Disorder. I have been mentally ill since I was a child but it all really started when I was 15 years old and attempted suicide. That resulted in my first hospital stay. My next four hospital stays were for a bipolar mixed episode, a manic episode/ eating disorder, electroconvulsive therapy, and a psychotic manic episode. Focusing on my five hospitalisations, this book takes you through all of those hospital stays while also telling you what happened before, during, and afterwards. Four of the hospitalisations were all within one year. Three of my stays were in America, the other two in Australia. This book is a heart wrenching, devastating, and brutally honest book. It is an addicting story which you won't be able to put down. Telling the truth about what it's like to live with a mental illness. It's not censored, there are graphic descriptions of things like suicide and self harm. I'm telling it exactly how it is, how it was for me, how it happened. If you're mentally ill then you might be able to relate, if you're not mentally ill, then I hope that it will help you to understand what we go through, what we've been through, and what we struggle with on a daily basis.

Chaos 2 Cured

She had planned on graduating from college, marrying, teaching and having children. She hadn't foreseen becoming a therapist. Life, however, didn't always conform to her plans. She could never have envisioned the challenges ahead of her when she was twenty-two years old. This is a true story of an ordinary woman who loved her husband deeply and took her marriage vows seriously. She promised "for better or worse" and resolved to hang onto her marriage and family as long as she could, despite

the personal costs. As a marriage and family therapist she was saddened when she saw couples give up on relationships too easily. She fought to save what she held sacred. What happens when the best year of her professional life collides with the worst year of her marriage? Can she preserve her marriage despite her husband's untreated mental illness? Can she keep her kids safe? Will she survive? A beautiful home nestled in a charming neighborhood within an affluent suburb hides bizarre family secrets she is too afraid to reveal. Hope, fear, and shame converge before she can make the biggest decision of her life. She had to lose almost everything before she discovered what was most important in her life.

Always Unstable

Maricela Estrada grew up surrounded by poverty and violence in East Los Angeles, California. Raised by a traditional widowed Mexican mother, Maricela was the youngest of five children, yet felt completely lost and alone for most of her life. Feelings of isolation and despair increased as she got older as she experienced periods of manic depression that triggered several attempts of suicide, the first being at age fourteen on her mother's birthday. Shortly after being admitted into a psychiatric ward, Maricela was diagnosed with bipolar disorder. A riveting story of a girl's struggle with mental illness, *Bipolar Girl* is a twenty-eight year journey of courage and survival, a remarkable odyssey that will undoubtedly touch people's lives. Author Bio: ABOUT THE AUTHOR-Maricela Estrada received her Associate of Arts Degree in Liberal Studies from Rio Hondo College in Whittier, California and her Bachelor of Arts Degree in Communications with an emphasis in Public Relations from California State University in Fullerton. She works for "The Friendship Line\

A Family's Secret

"This is a story about Bella, a beautiful tale of caring, trust and emotional healing. It begins when Dr. Zal, a first-year resident in Psychiatry, meets a 20-year-old in the throws of a severe psychotic episode. It chronicles thirty-seven years of psychiatric treatment. Focusing on family relationships, he tells how both Bella and he resolved issues with a significant parent. Although his life was quite different, he was able to draw parallels that allowed him to empathize with some of her life events. Bella was a role model of strength, endurance and caring for her children and husband. She survived childhood abuse, molestation and a dysfunctional family background. In the end, mental illness did not ravish her life. Rather it was a physical disease. The book also shows how Dr. Zal changed from an inexperienced, anxious, psychiatric resident and become a wiser, more empathetic therapist. It illustrates how he learned to balance personal angst, the biologic basis of psychiatric illness and the uniqueness of the individual patient into a therapeutic tool. This balancing act, illustrated through Bella's story, is the dance with medusa that has occupied the core of his life in psychiatry. Dr. Zal is able to weave a 40-year history of psychiatry through this story, including sweeping changes in treatment, mental health laws and the role of the psychiatrist. Using Haverford State Hospital, he tells the story of the transition to community mental health. Bella's story is about hope, overcoming the stigma of mental illness and the role that determination can play in life success. Her accomplishments reinforce Dr. Zal's firm belief that although psychiatric medications can facilitate improvement in mental disorders, it is people working with people, on a sustained long-term basis, that is equally or even more important, in maintaining recovery and producing emotional growth." --Amazon.

Bipolar Girl

The author returns with an emotionally charged memoir. This time, she's sharing something very personal: mental illness. In vignettes ranging from hilarious to downright sad, she talks frankly about being diagnosed with bipolar disorder. In this living with bipolar disorder book, you will discover: The author has not lived an ordinary life, as the title of her second memoir suggests. Born into a wealthy family, she endured the untimely deaths of her alcoholic parents, the murder and suicide of two brothers, her own severe depression and a diagnosis of bipolar disorder. Nevertheless, she has come back from the abyss and is anxious to help others through her inspirational stories of survival. Join her as she details the lowest points in her life and how she climbed out of the abyss into the light of day. Her journey is one you can relate to and make your own changes to be the person you want to be. Let's not waste any more time! Dive in and start reading!

Dancing with Medusa

So, you've just been diagnosed with bipolar disorder, also known as manic depression. The first thing I want to tell you is that the world is not over! Life does continue. Even though you are probably looking through this booklet while in a psychiatrist's office or a hospital room, life does go on - and happily, I might add! The fact that you have this disorder is simply another challenge to deal with, and should be regarded as such. Of course, being bipolar is a special challenge. It's not like studying for a test or performing well in a sporting event. It comes with a whole new group of emotions and situations. What this booklet will do is help you get through the next few months of your life.

Memoir Of A Bipolar

Bipolar Disorder Manual