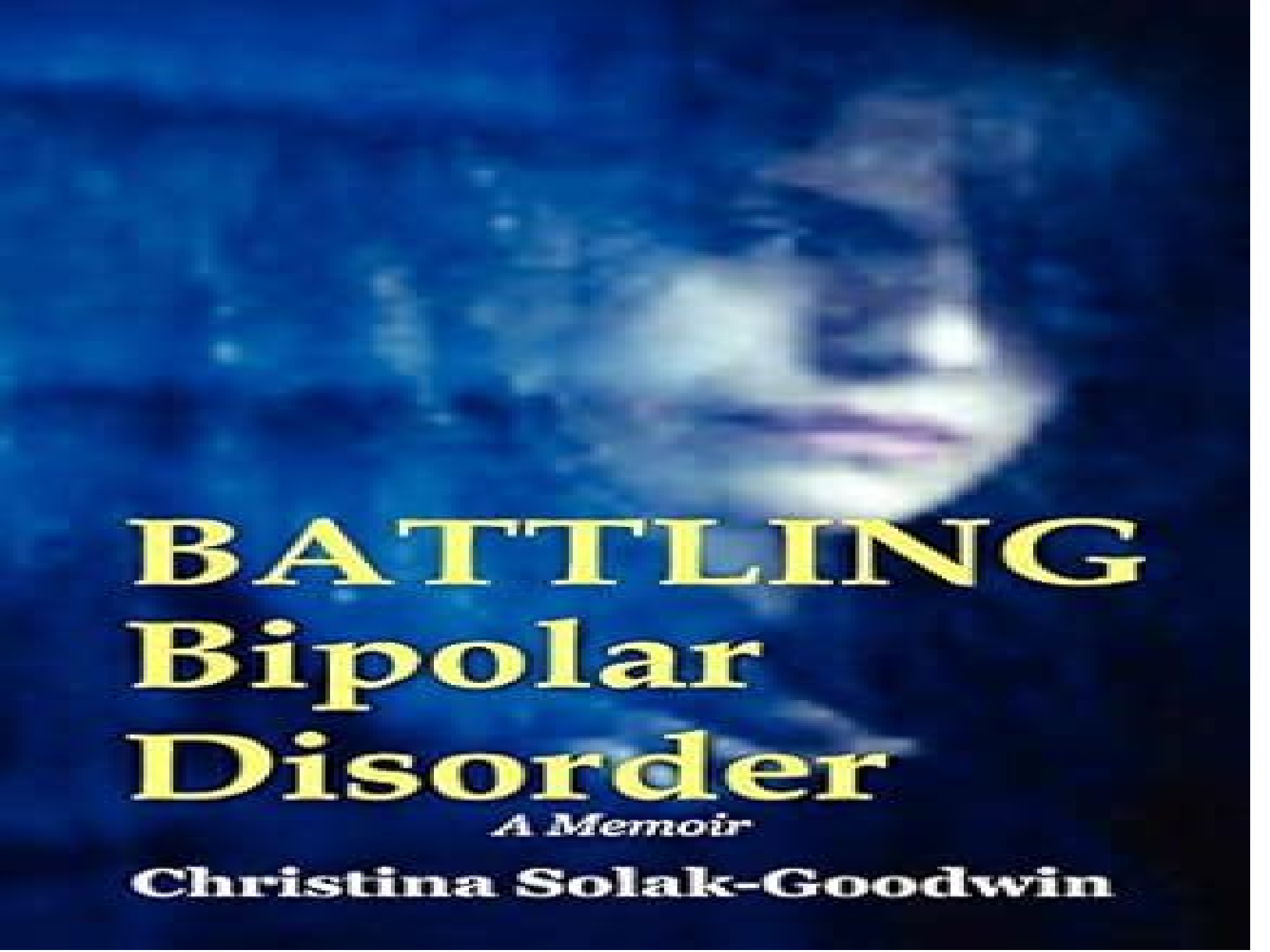




BATTLING Bipolar Disorder

A Memoir

Christina Solak-Goodwin

Battling Bipolar Disorder A Memoir

Chelsea Lowe, Bruce M. Cohen



Battling Bipolar Disorder A Memoir:

Manic Terri Cheney, 2008-02-05 In the tradition of *Girl Interrupted* and *An Unquiet Mind* comes this heartbreaking beautifully written memoir of one woman's experience with bipolar disorder **Battling Bipolar Disorder** Christina Solak-Goodwin, 2011-03-01 I was twenty six years old and had just endured my second committed psychiatric hospitalization for suicidal depression when I was diagnosed with bipolar disorder At that time I had no idea how sick I was and would later become *Battling Bipolar Disorder* a Memoir chronologically reports the pain despair and hopelessness of a woman suffering from mental illness for seventeen years My first person present tense story recounts 11 suicide attempts that I can remember multiple failed medication trials electric shock treatments a last resort that fails and numerous psychiatric hospitalizations Even though during many of these episodes I was and still am a licensed professional mental health therapist myself I continue to deny my illness and often refuse treatment which of course results in reckless behaviors I continually ride a physical mental and emotional roller coaster *Battling Bipolar Disorder A Memoir* is both graphic and seductive Readers will be intrigued with the inner workings of mental institutions suicidal plans and relationships between the bipolar patient and both her family and mental health doctors These physicians fall into categories of the good the bad and the ugly *Bipolar Disorder Through My Eyes* David William Weisner, 2024-09-17 In this transformative memoir a man confronts the harsh realities of living with bipolar disorder *Battling* suicidal depression manic episodes homelessness and repeated stays in psychiatric hospitals and jails he reveals his journey through severe mental illness Despite the turmoil his life stands as a testament to overcoming immense obstacles and gaining profound spiritual insights From a young age he sought wisdom and meaning even in the darkest times Music became his sanctuary a language to express his soul's depths Teaching himself to read music and play the piano at five and later studying classical guitar in his twenties music was not just a hobby but a lifeline When the storm of his mental illness began to calm with the help of a compassionate doctor he found stability This allowed him to pursue a degree in Sociology and become a mentor sharing his passion for music with others Despite relentless challenges he cultivated happiness and gratitude His creative spirit flourished as a singer songwriter at nineteen and his poetic voice found an audience in his thirties when he began to publish his work Now in his fifties his heart is set on giving hope to others who suffer from mental illness He is a beacon of belief that with faith in God one can navigate through the fiercest storms and emerge stronger His story is a testament to resilience the transformative power of faith and the enduring strength of the human spirit This memoir is not just a recounting of hardships but a powerful narrative of resilience hope and the unwavering human spirit It invites readers to see beyond the challenges of mental illness and embrace the possibility of a fulfilling and meaningful life **BATTLES of a BIPOLAR BUDDHIST** Kitty Richards, 2013-09-10 As a child Kitty Richards struggled alone with the frightening aspects of mental illness In this prize winning memoir she reveals her journey to survive atrocities in psychiatric facilities as she speaks out for the voiceless in a mental health system where

people are still enduring such abuses Amidst confusion and demoralization she discovers a spiritual truth that guides her during her battles to triumph not just for herself but also for the woman to whom she owes the greatest debt **Michelle May Crack** Michelle May Krack,2014-11-20 Breast cancer survivors have pink bands Our troops yellow ones Healthy hearts and AIDS awareness is designated with red White bands typically symbolize peace Major awareness groups are easily recognizable by their respective colors which is clearly a positive But what is the color where is the cause who comprises the groups that have an equal level of popularity and advocates for the millions upon millions of people who suffer from mental health issues Were you aware that the color for mental health is in fact green Most likely not as it is a topic not covered in the way that other health issues are In her first novel Michelle Krack chronicles her story and continual battle with overcoming bipolar disorder Readers will learn of the heart breaking struggles and everyday victories that accompany life from the perspective of a mother of four sister to three and above all else survivor of one Beginning with her deep family roots in the southern Indiana city of Evansville Michelle touches on the fears tears hilarity and special moments so near to her heart and some unfortunately ever imbedded into her memory The order in which her tale is presented parallels bipolar disorder with stories here and there that interrupt what would normally be a traditional reading experience *Living With Someone Who's Living With Bipolar Disorder* Chelsea Lowe,Bruce M. Cohen,2010-01-26 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 friend 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 **The Bipolar Millionaire** John E Wade,2016-01-15 John E Wade II author investor and millionaire reveals in his memoir The Bipolar Millionaire his personal struggle with bipolar disorder Wade takes the reader through his family experiences political aspirations and beliefs spiritual journey relationship trials and errors battle with mental illness and how he feels he has been cured of the detrimental aspects of bipolar disorder With the help of a unique and powerful network he calls the Operation and through religious beliefs personal perseverance and the help of friends family and his mental health professionals Wade lives an active creative and successful life His memoir doesn't end with contentment at achieving a balance in his life however Instead Wade expresses a determined vision for the future aiming to assist humanity in finding lasting peace and prosperity through his writing political and spiritual

endeavors John is a treasured member of our Depression and Bipolar Support Alliance DBSA family and we so appreciate his belief in the potential and wisdom inherent among people with lived experience of mood disorders Allen Doederlein President Depression and Bipolar Support Alliance

The Bipolar Millionaire and the Operation John E. Wade (II.), 2015 Wade reveals in his memoir his personal struggle with bipolar disorder and his experience being the focus of an all encompassing and benevolent entity he calls the Operation He takes the reader through his family experiences political aspirations and beliefs spiritual journey relationship trials and errors battle with mental illness and how he feels he has been cured of the detrimental aspects of bipolar disorder Back of jacket

Bipolar General Gregg F. Martin, 2023-09-15 Recipient of a 2023 Army Historical Foundation Distinguished Writing Award Maj Gen Gregg Martin cut a striking figure in the Army athletic quick witted devout and studious he was a natural leader Thanks to his engineering and leadership knowhow Martin was chosen to lead the thousands of combat engineers who paved the way for 100 000 Army troops to battle their way to Baghdad in 2003 Martin was astonishing to watch as he led this effort his mind laser focused and body vibrating with energy He made quick decisions often anticipating and solving problems before orders came down Only years later would he learn how the pressure of organizing dozens of simultaneous life or death missions each day altered the biochemistry of his brain Since adolescence he had what psychiatrists call a hyperthymic personality an exceptionally positive energetic and can do disposition But the Iraq War triggered what military and Veterans Administration psychiatrists ultimately diagnosed as late onset bipolar disorder a chemical imbalance that sends sufferers whipsawing between grandiose imaginings and suicidal depressions His increasing erratic behavior led to his forced resignation as president of the National Defense University and ended his military career Bipolar General offers a candid account of Martin's personal journey with undiagnosed mental illness as he rose through the ranks of the U S Army The author provides a first hand look at the various treatments available for bipolar disorder ranging from powerful medications to electroconvulsive therapy He discusses why his condition went undiagnosed for so long and explores what can be done both within and outside the armed forces to diagnose and treat mental illness Bipolar General should be of value to those with mental illness and to the communities of family friends and caregivers surrounding them

Silently Struggling: The Hidden Battles of Bipolar Depression Stephanie Marcum, 2025-02-02 Silently Struggling The Hidden Battles of Bipolar Depression offers a raw and insightful look into the silent often invisible challenges of living with bipolar depression This book sheds light on the emotional and mental struggles that individuals experience helping to reduce the stigma and encourage understanding Through personal stories research based insights and expert advice the book provides practical strategies for managing bipolar depression emphasizing the importance of self compassion emotional resilience and seeking professional help Perfect for those navigating their own mental health journeys as well as friends family members and caregivers who want to better support their loved ones

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