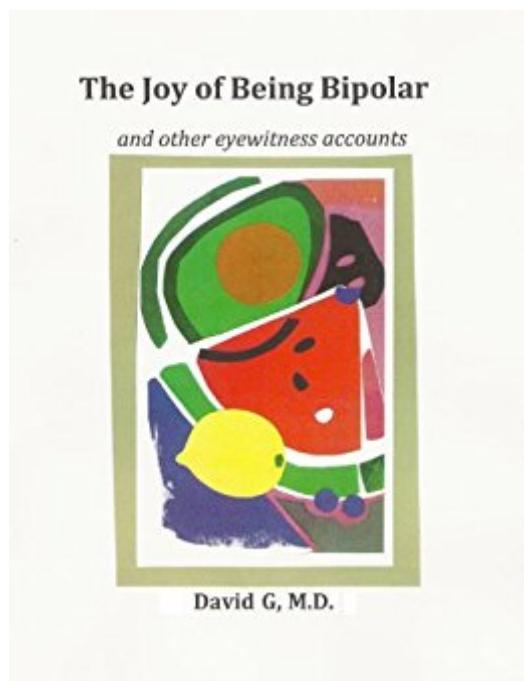


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# The Joy Of Being Bipolar And Other Eyewitness Accounts (Mind Matters Book 1)



## Synopsis

The Joy of Being Bipolar and Other Eyewitness Accounts is a long-overdue revisiting of what it means to have one of the most frequently diagnosed and misdiagnosed conditions and talked about human conditions. And ways it is similar to, and yet different from, other well-known conditions like Schizophrenia, ADHD, PTSD, Personality Disorders, bad drug trips, and simple bad attitude. Drawing from unparalleled experience as a practicing psychiatrist in every imaginable clinical setting, and from four decades' experience teaching psychiatry to the rawest of medical and psychology students, the author presents his rich, subtle and sometimes surprising perspectives in a uniquely down-to-earth manner accessible to even the most uninitiated readers. The Joy of Being Bipolar and Other Eyewitness Accounts brims over with fascinating case examples encountered in hospitals, clinics, group homes, doctors' offices, prisons, schools, police blotters, local newspapers, neighborhoods, and perhaps even your own family. The author treats each story with tender loving care and a message of hope, born of his deep conviction that the bipolar condition is not necessarily a disorder, but rather a unique endowment that can serve the highest purposes if properly channeled and yet cause great suffering if not. Readers who accept the author's invitation to accompany him in his virtual clinical rounds and theoretical discussions will be treated to an exuberant and unforgettable insider's view of psychiatric care at its best (and sometimes, at its worst). The author takes no prisoners in his deft penetration of the mystery and hocus-pocus that gratuitously veils conventional psychiatry and its approaches to disturbances of feeling, thinking, and behaving and in the case of the bipolar condition, may have missed the boat entirely. At the same time the author offers proven recommendations on what to do about the bipolar condition, and when and how to do it beyond simply talking about it. From the FOREWORD: "My charge has been a simple one: to improve the quality of life of people whose feeling, thinking, and behavior patterns cause them great suffering. And to help them in ways that respect their unique personhood, entail minimal risk of causing them or their loved ones additional trauma, and give them their greatest chance to play wisely the cards they have been dealt whether through accident of birth or life circumstance to allow them to thrive and prosper." Dr. David

## Book Information

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## **Customer Reviews**

This book covers its subject like none other that most clinicians will ever encounter. It is comprehensive, rich in content, with a writing style and organization that flows like a novel, virtually a "page turner". It is a "must read" for anyone with an interest in the subject, from graduate level teacher to concerned family member, even patient looking for a humanistic understanding of their condition. The use of clinical material seems to "nail" each significant point in an especially memorable way. Prior reviews have expressed its quality in better ways, but a string of "fabulous" says it best. The combination of clinical data and the human being it describes is uniquely touching. These comments are from a Ph.D. clinician with decades of experience in traditional settings. For all that has been written on Bipolar, scores and scores and more, this point remains unique. The reader will NOT be disappointed!

It's a JOY to read, extremely comprehensive and covers every issue on every level. This is clearly a serious tool for all, from physician to student as well as patient and family. It is very enjoyable, high spirited and full of humor. It's a complete reference tool. I agree totally that it will revolutionize the way people recognize mental health. Bravo!!

Finally a positive outlook on this illness... This book clearly explained the issues faced by those with

bipolar as well as those of the family and friends that love them. Reading this made me feel supported, not alone, in trying to support my bipolar family member who has also read and appreciated this book. This psychiatrist has spent years working in the bipolar field and I highly recommend this book.

Really great insights into Bipolar disorder. Dr. David seems to invests his time, compassion, and knowledge in providing the very best care. A must read for students, health professionals and anyone affected by bipolar.

Fabulous , fabulous , fabulous , fabulous ,fabulous , fabulous , fabulous , fabulous , fabulous , fabulous fabulous , fabulous , fabulous. Five stars..

A great synopsis of what it really means to be bipolar, and the best approaches towards treatment. This should be required reading for all medical and psychology students.

This book is write in very good way, that may possible for a person that don't know medical terminology to understand. I enjoyed very much this book and also give me good tips how to help my husband to cope with this illness.

What an insightful and nuanced portrait of the bipolar condition. This book was honest, funny, sad and well-told. I appreciated the authors candor, knowledge and heart. I would recommend this book to anyone affected by bipolar, one way or the other. I can't recommend this book enough. I think this will revolutionize the way people look at mental health issues. Thank you for telling this story.

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