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# I'm Not Crazy Just Bipolar



## Synopsis

Just as a photographer might shoot a photo through a colored lens, Wendy Williamson skillfully holds up the filter of mania and depression for her reader to peer through. With heart-wrenching honesty and humor, she shows the effects of bipolar disorder on the mind, body and soul of those who suffer from it. Despite Wendy's struggles, this is not a book that brings the reader down, rather a road map for wellness and a vastly informative, yet entertaining, guided tour of bipolar disorder for those who don't understand it. With her perceptive self-awareness, the author is equal parts comedienne and educator, and she tells the unbelievable highs and lows of her story with a clear, grounded candor.

## Book Information

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## Customer Reviews

The best type of book for me both entertains and teaches. This book does that "in spades" I could not put it down as I both laughed and cried. Throughout the author so exquisitely reveals her fascinating story. Even if you do not know a person with bipolar disorder, I think most would find it educational and uplifting reading.

This book was a great read. Never since Kaye Redfield Jamison have I read such a down to earth account of the struggles of being bipolar. I've tried many and they fall way short, like the authors are after money or recognition. This author gives her feelings in all states at the gut level that I can well relate to. Same with medication and treatment issues and life issues in general. I was never

hospitalized, thankfully, or had no one to force the issue. I did have to go on disability because I couldn't keep it together. Mixed states author explains are all too real and horrible. Mania you are queen of the universe and when depressed lower than dirt. I could feel her pain, joy, hurt and confusion. Excellent book.....

This very forth-right author shares her extensive experiences, as well as what she has learned living with Bipolar Disorder. It runs the gamut of experiences: drugs, poor choices, hospitalizations & run-ins with the law. It's an excellent, informative book for anyone who wants to understand what living with Bipolar Disorder can be like, as well as a motivator for those with this illness to seek treatment.

This is one of the most intense, moving, and incredible books on the subject I have ever read. I came upon this remarkable story while "surfing" for books on various forms of mental illness. Bipolar Disorder is a disease that gradually unravels the spirit, soul and mind of the patient, and robs the family of the member they used to know. As an advocate for the mentally ill, I have become fully aware of the stigma that is faced on a daily basis by those afflicted; by insurance companies, family members, and society as a whole. Wendy not only gives us an in-depth look at her struggles and subsequent survival in dealing with this illness, but the reactions of the medical community, friends, and her own self-perceptions into herself. The book describes the alcohol and/or drug abuse that often accompanies bipolar disorder; indeed many mental illnesses wherein the patient has a desire to self-medicate away the pain. She eloquently states "I am a person who has bipolar, I am not bipolar". This is the message that we often attempt to impart to our friends struggling with the stigma, pain and irrational feelings associated with being mentally ill. The author was brutally frank relative to her suicide attempts, and failed toxic relationships; often occurring in the mentally ill. This book has humor, insight, depth and took a great deal of courage to write. It is a book primarily for lay people, but I believe it is a must read for physicians, researchers, and family members as well. This reviewer wrote her PhD dissertation on bipolar disorder; I wish Wendy had been in my life to interview! Don't miss reading this one!

This book will make you laugh and cry as Wendy shares her journey through her life of ups and downs. You will share her denial when she is diagnosed with bipolar disease, her reluctant acceptance of the disease, her journey to learn about herself and ultimately how she learns to triumphantly live with her disease. This book is a testimony to the author's insight, perseverance

and humor into her life with bipolar disease.

I'm Not Crazy Just Bipolar told from the viewpoint of a bipolar young woman gives insight into how this mental illness affects a person. I have a relative who copes with Bipolar issues and it was good for me to see it from his side of the fence. Reading this book will help one in understanding mental illness and the pain the afflicted and those who love them live with on a daily basis. But, there is hope. Like many other chronic illnesses, it can be treated. Once one accepts the illness one can work towards wholeness with the help of a supportive family, a good doctor and certain drugs.

As a person with bipolar disorder, I found this book very relatable. It's a real representation of the many struggles that we go through on a daily basis. For anyone who is curious about what life's really like having bipolar, this book is an awesome read.

I have seen the highs and lows, felt like the victim with nowhere to go for help, lost the support of close family, and berated myself for "allowing" my daughter to become bipolar. This book assured me that it isn't my fault, and that I can rest assured that I can go on. I pray that my 26 year old will reach a point like the author, when she takes control of her meds, gets exercise, therapy, and learns to take care of herself. I dream of a day when I can reclaim my own life. Thank you, Wendy, for giving us both a ray of hope and a modicum of understanding. We are not alone.

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