

FRAGMENTS OF MY LIFE

A JOURNAL
ABOUT MANIC
DEPRESSION
AND ITS
COMPANION
ILLNESSES

CAROL J. GRIFFIN

Fragments Of My Life A Journal About Manic Depression And Its Companion Illnesses

Terri Cheney



Fragments Of My Life A Journal About Manic Depression And Its Companion Illnesses:

Fragments of My Life Carol Griffin, 2003-07 Carol Griffin's *Fragments of my Life A Journal About Manic Depression And Its Companion Illnesses* was written for people with manic Depressive illness and its companion illnesses This book offers family and friends a glimpse of life with a brain disease Carol first knew she was not like other people when she was sixteen years old however she would not get help until she was forty despite a family history of mental illness At the time of her diagnosis the Food and Drug Administration had just approved lithium and life became bearable for her In 1994 Carol was diagnosed with Attention Deficit Disorder often a companion to manic depression She calls the two illnesses the dynamic duo Despite her illness she worked 24 years in career positions which she picked carefully to fit her illness Hope and understanding are what this book has to offer English Mechanic and World of Science, 1899 **T.L.S., the Times**

Literary Supplement, 1980 **I Love Myself ... and the Feeling is Mutual / God is confused, He thinks He's Pieter (Omnibus)** Johannes Pieter Overduin, 2010 Omnibus I love myself and the feeling is mutual God is confused He thinks He's Pieter I love myself and the feeling is mutual Pieter Overduin Rotterdam 1969 has suffered from manic depression for over ten years now During that time he has kept a diary consisting of short fragments from his daily life Probing moving and at times hilariously funny Mr Overduin writes about the first signs of the illness and the way he has dealt with it since then He went through very difficult times for a considerable amount of time but after that he managed to pick himself up again He also shows what effect the illness had on his family how the medication affected him and how it enables him to lead an independent life But without the support of the people closest to him he would not have made it God is confused He thinks He's Pieter Spring 2004 Pieter enters his publisher's office I've got a new manuscript Oh no Pieter please tell me it's not about manic depression again It is Then it must be very special It is In what way It includes personal accounts of people who are involved in my life About their feelings and thoughts during your manic episodes Exactly That must be very confronting It is Why don't you read it and find out Again Pieter Overduin has written a very interesting book He describes how he suffered from a manic episode after the publication of his first book in which he believed himself to be Gandhi and God respectively The personal accounts of his family friends and former colleagues also show the other side how a manic depressive's illness affects the people closest to him To them it feels like a life sentence as well Just like he did with his first book I love myself and the feeling is mutual Pieter has written a fascinating and valuable work It's written from the heart and very funny **An Unquiet Mind** Kay Redfield Jamison, 2009-01-21 NATIONAL BESTSELLER A deeply powerful memoir about bipolar illness that has both transformed and saved lives with a new preface by the author 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 **Fuck Bipolar : Journal** Fuck That Publishing,2018-07-10 This unique Fuck Bipolar Journal with a sad and happy depressed and manic letter U is perfect for anyone who is managing bipolar disorder Document your experiences and life with this 6 x 9 personal journal Each white page is topped with a short line to highlight a date or an event This journal is the perfect place to write your dreams your bucket list your hopes your successes the things you laugh about and a great place to write about your anger and your fears

Writing Out the Storm Rebecca M. Merriman,2001-06 To everyone else she was a captivating woman and successful educator with a happy marriage She had an intriguing life as an author popular motivational speaker retreat leader and bohemian world wanderer Yet for two decades Rebecca Mitchell Merriman silently struggled through a raging roller coaster ride of hazardous highs and consuming depressions In *Writing Out the Storm* Journal Musings of a Manic Depressive Wanderer Merriman invites the reader into a private world where she often teeters on the brink of suicide feeling hopelessly guilty for not being able to simply snap out of it After a decade of secretly struggling through the storm of mental illness by age 33 the author was spending each summer alone high in her Rocky Mountain hideaway hiking writing and calming her increasingly shot nerves In spite of being elected Teacher of the Year by her peers during her second year her sixth and final year of teaching was spent mostly hiding in a tiny storage room afraid that too much exposure might clue in her students and fellow educators that something was dreadfully wrong with her After she quit teaching high school she wrote a book about of all things happiness and became a professional speaker and consultant on the illusive subject It s as if making happiness my life s work might somehow magically entitle me to it Finally at age 42 the author decided to seek medical help and went in for her psychological intake Exactly one year later she was transported handcuffed and humming in the back of a paddy wagon to a psychiatric facility for her first involuntary commitment It was the first of three back to back psychotic breakdowns each being worse than the last What went wrong This moving memoir of moods and madness follows the story of Merriman s long journey toward healing Arranged as a collection of essays which mix vivid vignettes from her past with deeply personal journal entries and present reflections on her battle with this crippling disease it describes with unflinching honesty how the storm of mental illness in spite of its recurrent euphorias almost swept her from the land of the living these essays are my brave act of vulnerability my honest attempt to convey the confusion and fear of this disease A love note to all my brothers and sisters who ve ever been locked up inside themselves raging against the storm tossed terrain of their broken brain A poignant and invaluable account of one woman s ultimate triumph over manic depressive illness *Writing Out the Storm* will bring hope to anyone tormented by the ravages of depression or bipolar illness *Manic Terri* Cheney,2009-10-13 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 **Payback** Kimberly Perryman,2007-12 Life is difficult for everybody Things don t always happen the way that you plan Things go wrong Priorities change But if you suffer from Manic depression aka Bipolar disorder difficult takes on an entirely different meaning Have you ever pulled the covers over your head and decided that the world was just too hard to handle today Have you been through so much crap that you just want to call it quits Who hasn t I know that I have But there is a light at the end of the tunnel Printhis a small town girl knows exactly what you are going through In this enticing look into the drama filled life of a small town girl based on my life s story that endures multiple relationship horrors mental physical and emotion abuse and a boat load of unhealthy relationships all while dealing with managing the manic effects of Bipolar disorder you may find that there is life after being diagnosed with BD **Victim of Dreams** Jeremy Gluck,2011-06-01 I ve read your book and I am impressed and obviously I relate I hope it sells well because I am sure it will help many people By Katy Sara Culling The Bipolar Foundation Description Novelist poet and musician Jeremy Gluck draws on his experiences of growing up in post War Canada in a breath takingly beautiful and poignant account of his battle with bipolar disorder manic depression He contrasts a depiction of his descent into depression and madness with the narrative innocence of his childhood Victim of Dreams can help others to understand what it is like to develop have and or survive a severe and enduring mental health condition More than anything else service users want empathy Manuals and guides are essential good medical support crucial medication crucial of course but those with serious MH conditions are so plagued by feeling misunderstood and isolated that empathy is the key Exploring in anecdotal and lay terms the genetic and environmental genesis of the disorder in me the book is written in a highly professional literary style including vivid memoir and especially penetrating accounts of depression and manic delusion drawn largely from journals kept at the time and therefore vivid in their evocation of mania and depression and is a new kind of survivor book that eschews misery for memory and asks again and again searching questions about the nature of our lives minds memory and capacity to endure what is after all a part of ourselves seemingly set to destroy another more benign part The book is in three parts or lives The first part is my innocence when the illness lies dormant but shadowing In the second part I wrestle with madness as the illness reveals itself Coming from a more balanced and objective viewpoint in the final part I review both having brought myself back I can now show myself as someone different neither the innocent nor the madman and importantly not the person I have been accused of being About the AuthorI am 49 an expatriate Canadian with a background in the arts now working in the voluntary sector in Wales as a mental health information and research worker I was diagnosed with bipolar disorder in 2002 My lifelong experience as a published writer author has equipped me ideally to write an

insightful literary account of my life leveraged to the impact upon it of the illness my eventual diagnosis and coda heralding my recovery

Diary Against Depression. a Self-Help Book to Fill in and Tick Doreen Schmidt, 2019-06-25 The depression is a very serious mental illness which is now fully accepted and recognized as a disease in the public Of course when you have depression it is very helpful to be understood by the environment Even more important however is finding a way of dealing with oneself paying attention to and reflecting on one's feelings and thoughts In any case a psychologist or psychotherapist can also help here In the ideal case however the person affected can also do something about his or her condition This diary starts right at this point and should help the sufferer to find a way out of the chaos of their own symptoms every day It supports you in the following aspects Monitoring of sleep Detailed reflection on one's own emotional world Self esteem and self affirmation Dealing with very urgent duties Help with strong listlessness Help in meeting social contacts Preserving one's own boundaries Concentration on the positive things in everyday life Help against falling asleep Detailed reflection of the day That sounds great you'll think but how is this done through a diary This is very simple because this book consists of daily questions to tick and fill in and thus facilitates the first step the confrontation with yourself It takes a maximum of 20 minutes to complete 10 minutes for the morning and 10 minutes for the evening So it is designed in such a way that without spending too much time one can reasonably reflect on oneself Keep a close eye on your own difficulties and problems compare individual days and become aware of the severity of your own symptoms By answering or reflecting on the questions one is gradually able to help oneself For example this method often exposes one's own harmful behavioral patterns that are detrimental to one's own mental and physical health Through this diary you get the chance to change your behavior and to check at the same time whether the changes are sustained and or crowned with success To my person My name is Doreen I am a freelance artist and come from the middle of Germany I first studied Psychology Bachelor and Philosophy Master and later 4 semesters of Free Art For several years I have been selling my art on the internet on different platforms Unfortunately I have been mentally ill for many years I have numerous diagnoses such as post traumatic stress disorder borderline depression anxiety disorder and have to take many tablets First to help myself I developed the Diary for My Soul to fill in and tick Driven by new ideas the other books gradually followed which accompany me again and again in my everyday life I use them with great success and they have supported my stabilization The content of the diaries is based on my many years of experience I've talked to a lot of people who have been ill and have been to different psychiatric hospitals for the last 15 years I have been studied by many psychologists and have learned a lot from it In addition I take part for several years in different psychotherapies I hope that I can help all readers with my experiences and books also a piece

Mirror Mirror- John Hinze, 2020-11-24 *Mirror Mirror* is a reflection back on a time in my life when I was on the other sanity Incorrectly diagnosed as having bipolar disorder and put on the medication merry go round while my life spun out of control I was unable to work felt inadequate as a husband and father Throughout the experience I kept

journals and the writings within exposes a very mentally ill individual From manic heights to disabling depression and the full range in between all written in raw unedited mental and emotional anguish and euphoria The purity of what is written distinguishes Mirror Mirror from other memoirs written on or about mental illness For this reason I kept the journals exactly as originally written Raw Pure and Exposed These journals date back to 2004 and when I stumbled onto them over a decade later when removing boxes from my in law s house I was shocked that they had survived Later when I read through them I was surprised that I had survived the experience It was a roller coaster ride filled with soaring height and endless depths When I decided that they had survived so I could share my experience with others I was amazed by the amount of anguish typing the journals caused me I would regularly have to walk away from the laptop and collect myself During some of the more difficult passages I would need a day or two to recover before continuing My bad reactions left me thinking how had I let things get so bad The answer Medication At the worst point I was taking two dozen pills a day half of which were to counteract side effects from the other half The doctors kept playing with my medications upping this lowering that I felt like a guinea pig It was as if I was on a merry go round spun out of control and that somehow it was all my fault I was losing my grip on reality and worried I would never find a way back I had to do something desperate to save myself so after my second visit to the Comprehensive Psychiatric Emergency Program I promptly flushed all my pills down the toilet as soon as I got home Going off all those medications cold turkey led to one of the most difficult two months of my life and I would never recommend someone just quit their medication I did what I felt I had to I survived and my life improved after the initial two months of dealing with withdrawal symptoms In looking at my past from early childhood until the time the journals begin I lay the foundation for what might have lead to me being incorrectly diagnosed as having bipolar disorder Following the journal s section I touch upon those subjects that affected me the most primarily the sense of stigma that I felt and the need for the individual to be their biggest advocate My hope in writing and sharing Mirror Mirror Reflections From the Other Side of Sanity is that some people will be able to relate and see that through the darkness they too can find their way to the light

Hear All the Bells Christina Wulf, 2016-06-26 In a word Hear All The Bells is unexpected The memoir takes the topic of mental illness so alien and frightening to many people and makes it accessible Specifically Hear All The Bells gives the reader a view below the surface of manic depressive illness also called bipolar disorder Although the book is sometimes painful and disorienting Hear All The Bells tells an optimistic engaging and deeply personal story The reader becomes a co traveler on a strange journey experiencing the world through the eyes of someone in the extreme states of mania depression psychosis and addiction This sometimes surreal journey travels from Civil War battlefields to mountaintop removal coal mines from the Old Jamestown colonial settlement to psychiatric wards and 12 Step rooms Along the way Hear All The Bells demonstrates the twin realities of manic depression it is both destructive and potentially enlightening ultimately a deeply human experience For families friends and professionals who work with people who experience extreme moods these are

invaluable insights For people living with mental conditions Hear All The Bells tells a hopeful story of recovery and possibility Ultimately the book charts a pathway out of chaos seeking a more stable state in which the insights of those extreme experiences can be incorporated into a creative vibrant life Although Hear All The Bells is primarily a memoir it touches on the many justice issues surrounding mental illness including the mass incarceration of people with mental conditions unequal access to health care and the historic stigmatization of people with mental illness Hear All The Bells seeks change and healing for individuals yes and also for the broader human society

Madness Marya Hornbacher, 2009 A searing unflinching and deeply moving account of Marya Hornbacher's personal experience of living with bipolar disorder From the age of six Marya Hornbacher knew that something was terribly wrong with her manifesting itself in anorexia and bulimia which she documented in her bestselling memoir *Wasted* But it was only eighteen years later that she learned the true underlying reason for her distress bipolar disorder In this new equally raw and frank account Marya Hornbacher tells the story of her ongoing battle with this most pervasive and devastating of mental illnesses how as she puts it it crept over me like a vine sending out tentative shoots in my childhood taking deeper root in my adolescence growing stronger in my early adulthood eventually covering my body and face until I was unrecognizable trapped immobilized She recounts the soaring highs and obliterating lows of her condition the savage moodswings and impossible strains it placed on her relationships the physical danger it has occasionally put her in the endless cycle of illness and recovery She also tackles the paradoxical aspects of bipolar disorder how it has been the drive behind some of her most creative work and the reality of a life lived in limbo caught between the world of the mad and the world of the sane Yet for all the torment it documents this is a book about survival about living day to day with bipolar disorder the constant round of therapy and medication and managing it As well as her own highly personal story the book includes interviews with family spouses and friends of sufferers the people who help their loved ones carry on Visceral and inspiring lyrical and sometimes even funny *Madness* will take its place alongside other classics of the genre such as *An Unquiet Mind* and *Girl Interrupted*

Inside the Insane Erica Loberg, 2011-06-01 Description *Inside the Insane* is a first hand account of life inside a psychiatric crisis ward in Los Angeles California From patients suffering from chronic paranoid schizophrenia to bipolar disorder disease to major depressive disorder *Inside the Insane* takes the reader inside the walls of the mentally insane and manifests the realities of the human condition Erica provides detailed accounts of patients screaming in restraints to being locked in seclusion to suffering from over medication in radical raw detail She also takes a look at the mental health system in Los Angeles County and exposes the concealed world of how society treats the mentally ill From locked institutions to board and cares to living on the streets in Skid Row the horrific conditions surrounding the life of a person suffering from a mental illness is explicitly exposed Told through the eyes of a person dealing with her own mental illness *Inside the Insane* also takes the reader on a personal journey of Erica's manic self destruction deep depression and the process of treatment medication and recovery Her

authentic journal entries beginning in 1999 expose her mental illness before knowledge of its existence Her accounts of flying through the streets of New York to sitting solemn on a fire escape in lonely depression call attention to her life before treatment As a result an in depth analysis of her own writings coupled with the writings of previous renowned writers who also suffered from manic depression underscores the potential to discover a person suffering from a mental illness prior to a first mental break Such a discovery offers the chance to anticipate a mental illness and can help an individual seek treatment before it results in a suicide attempt or a hospitalization In 2005 Erica was diagnosed with chronic hypomania Bipolar II which was a turning point in her life as she began the process of psychiatric treatment True journal accounts of her ongoing attempt to find the right medication to balance her highs and lows reveal the struggles she endures and how she works to handle that condition on an ongoing basis She also discloses how her condition affects family and friends and how those relationships are defined and redefined before and after the discovery of her disease This groundbreaking expose opens the door to a world that has traditionally been locked up and ignored and exposes it with shocking detail as the hidden truths inside the minds of the insane are intensely uncovered About the Author Erica Loberg was born in 1977 and raised in Los Angeles California She received her Bachelor s in English from Columbia University Erica was diagnosed with chronic hypomania Bipolar II in 2005 and continues down the road of psychiatric treatment Currently she lives in downtown LA and works with the mentally ill who inspired her to write this book This is Erica s first book [Brilliant Madness](#) Patty Duke, 2010-01-13 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 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 **Remains of a Cloud** Ruth Cohen, 2010-04 Description My book at the start describes my very young life in tunis in northAfrica were i was born and lived with my large family There I became aware of a strange sickness on my mom side and i could not pinpoint it The political events brought us me four siblings and my parents To the other side of the mediteraneen sea We lived in paris for four years with a sick mom and a dad who had one ideal to go and settle in israel eight days in the sea of my childhood and we arrived to the Jewish land This move was an enlightment for the family even though our economical status did not improve for a long time Still we were happy in the land of milk and honey Already in Paris i did not feel good inside myself an eternal

sadness And i did not connect my well being with a maternal illness that Seemed to be a chain of depressions where my mom was attached To it was impossible to free her I wanted to understand but as i was so different from my mom I did not and could not see the tie between us The delivery of my older son was the beginning of a journey of thirty years where i was extremely sick not knowing the reason of this malediction i had to know Only after twenty five years i was diagnosed with the sickness called the bipolar disorder And for thirty years in spite of horrendous pains in my body And my soul i took the way of optimism I have totally recovered from all symptoms of mental illness My book is just about that **Beyond the Tears and Laughter** David M. Delo, Kingfisher Books, 2003-11 This emotionally painful yet thoughtful and absorbing book reveals in the first person the way manic depression works on the mind how it can alter one's life path and what the illness may cost the manic depressive An end section describes the disease diagnosis and treatment and the relationship between manic depression and creativity

When the Bough Breaks Michelle Brauer, Denise Brauer, 2021-02-09 The Brauer family would have described themselves as conventional and nondescript until Barbara a devoted wife and mother suddenly developed bipolar disorder She was 45 and otherwise in good health but plunged into depression so quickly that she slit her own throat before anyone suspected the gravity of the situation This book is about the year in which the family struggles to find treatments trying to recover the woman they loved from the abyss of mental illness When the Bough Breaks co authored by the Brauer sisters is a memoir about the painful year in their adolescence when their mother is diagnosed with manic depression They are the statistics come to life research about girls experiencing family problems who are more likely to experience depression use drugs experiment with sex and struggle with eating disorders Survivors of suicide often feel like this subject is one of the last taboos in our society and they can feel uncomfortable discussing the loss of a loved one to suicide This book attempts to breach this divide by sharing one story from the perspective of teenagers who lived through it

My Diary Sarah Hope, 2019-07-10 MY PRIVATE DIARY There is a German proverb which says Hope is the last to die Maybe this book can help you Bipolar disorder previously known as manic depression is a mental disorder that causes periods of depression and periods of abnormally elevated mood The elevated mood is significant and is known as mania or hypomania depending on its severity or whether symptoms of psychosis are present During mania an individual behaves or feels abnormally energetic happy or irritable Individuals often make poorly thought out decisions with little regard to the consequences The need for sleep is usually reduced during manic phases During periods of depression there may be crying a negative outlook on life and poor eye contact with others The risk of suicide among those with the illness is high at greater than 6 percent over 20 years while self harm occurs in 30-40 percent Other mental health issues such as anxiety disorders and substance use disorder are commonly associated with bipolar disorder The Cover comes with a looped ribbon that represents support for the patient or survivor The journal has soft covers and is perfect bound so pages will not fall out The great 8.5 x 11 Format means there is enough space for your notes Huge 8.5 x 11 Format Like DIN A4 120 Pages for your own

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Fragments Of My Life A Journal About Manic Depression And Its Companion Illnesses Introduction

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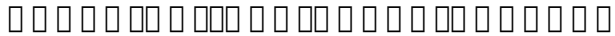
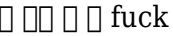
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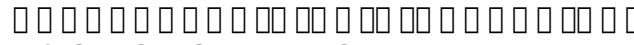
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