

# GIBBERISH

A Bipolar Survival Story



SCOTT JAMES JORDAN

"SCOTT JORDAN SINGS AS IF HIS LIFE DEPENDS ON IT."

-KATE CLINTON

# Gibberish A Bipolar Survival Story

**Bob Krulish,Alee Anderson**



## **Gibberish A Bipolar Survival Story:**

Gibberish Scott James Jordan,2004-02

Healing the Mind through the Power of Story Lewis Mehl-Madrona,2010-06-18

Psychiatry that recognizes the essential role of community in creating a new story of mental health Provides a critique of conventional psychiatry and a look at what mental health care could be Includes stories used in the author s healing practice that draw from traditional cultures around the world Conventional psychiatry is not working The pharmaceutical industry promises it has cures for everything that ails us yet a recent study on antidepressants showed there is no difference of success in prescribed pharmaceuticals from placebos when all FDA reported trials are considered instead of just the trials published in journals Up to 80 percent of patients with bipolar depression remain symptomatic despite conventional treatment and 10 to 20 percent of these patients commit suicide In *Healing the Mind through the Power of Story* Dr Mehl Madrona shows what mental health care could be He explains that within a narrative psychiatry model of mental illness people are not defective requiring drugs to fix them What needs fixing is the ineffective stories they have internalized and succumbed to about how they should live in the world Drawing on traditional stories from cultures around the world Dr Mehl Madrona helps his patients re story their lives He shows how this innovative approach is actually more compatible with what we are learning about the biology of the brain and genetics than the conventional model of psychiatry Drawing on wisdom both ancient and new he demonstrates the power and success of narrative psychiatry to bring forth change and lasting transformation

*One Case History* John P. Gallagher,2004-01-30

**The Bipolar Professor** Donald C Smith

Phd,2019-07-08 It was a death sentence In 1975 acute promyelocytic leukemia killed virtually everyone it attacked Everyone knew it but no one wanted to talk about it I ve read of families getting together and planning to have that last day What kind of ceremony did they want did they want to be buried or cremated I didn t want to hear a word about it Family and friends respected my wishes and not even a hint of these subjects ever came up I had a plan and it was were I going down I was going down swinging It s the only thing that sustained me in those days Anger may well be part of what saved my life I d like to say I put on a brave face and happy disposition The YHH staff will tell you I did not A hospital shrink had dubbed me the angriest young man she had ever met No shit lady She asked me how are we doing this morning I said I m dying how are you She never came back to visit Of course I was angry Here I was a young man just starting college and just days ago believing I was in the best physical shape of my life I had been happily courting coeds and here I was courting disaster or rather disaster was courting me No matter what I did I could not ease my restlessness my insomnia or depression but it would seem I was getting closer and closer to ending it once and for all I simply did not want to exist anymore it was all just too painful The manic episodes a source of excitement and creativity when I was younger were increasing leading me to make choices that ended badly Relationships with friends and family were becoming increasingly dysfunctional Bipolar depression is almost impossible to describe It s hard to understand if you haven t been the sun or looked into the abyss Those of us who are

Bipolar come to know depression as a living breathing thing itself devoid of light sound hope will desire direction Generally only a manic episode will bring relief the actual bliss when the weight is lifted and your mind takes flight I miss those times even though they were brilliant on some days and terrifying on others Before I understood what was going on I would often refer to my life as a supernova I would burn brightly for a time and then everything would implode

**One Case History** John Paul Gallagher, 2024-11-16 One Case History A Documentary It's Go Ask Alice meets The Outsiders The story is told through sessions with psychiatrists My substance abuse that later interrupted my therapy I got off the substances and made significant progress with my mental health I went on for eight years working for nonprofits in the grassroots mental health movement in Madison Wisconsin as a key person Because of this work I was listed Who's Who of the Midwest 1996 Who's Who of America 1998 and Who's Who The Millennium Edition 2000

*Bipolar Disorder Survival Guide: What You and Your Family Need to Know* D. Miklowitz, 2002-01-01

**Bipolar Rising** John Medl, 2023-03-14 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

**LOSING MY MIND** Calvin Dunn,

Calvin Dunn a luminary in the world of literature and writing is an author whose words resonate deeply with readers and his experiences have shaped his mindset and his writing style His story and testimony is profound and his life is an open book Born in Cambridge Massachusetts in 1975 he is on the cusp of creativity and intellect His journey began at Cambridge Hospital on a cold January morning His upbringing would serve as the wellspring of his inspiration His early years were marked by a strong will to learn and be a successful student against all odds Rising from poverty Calvin managed to finish high school at the top of his class and earn a four year academic scholarship to the University of Massachusetts Amherst His insatiable curiosity led him to explore the vast realms of knowledge and spirituality Calvin s dedication to his craft is matched only by his genuine compassion for others He remains committed to using his platform to uplift and empower marginalized voices advocating for the mentally ill and influencing others in a positive way working to create a world where faith and resilience serve as catalysts for positive change

**When Screams Become Whispers** Bob Krulish,Alee Anderson,2021-03-02 Krulish bravely invites readers into some of his darkest days and most painful experiences as a person living with bipolar disorder Kristin Jarvis Adams award winning author of The Chicken Who Saved Us When Screams Become Whispers is a memoir that offers hope to those struggling with bipolar disorder and for friends and families who continue to fight alongside their struggling loved ones When Screams Become Whispers a raw look at bipolar disorder and the mania it drives will allow loved ones to recognize and understand key identifiers thus enabling them to better help Ultimately Bob Krulish s story sheds light on the systemic problems deeply rooted in the American mental healthcare system highlighting the danger present when treatment is not readily available Through great storytelling readers are gifted with a greater appreciation for the need for de stigmatization demystification greater resources and a supportive community for those suffering from this poorly understood disorder This is the book of a bipolar disorder survivor who refused to be only that He s living proof that you could actually live not only survive with bipolar Dr Francesc Colom PsyD PhD MSc coauthor of The Psychoeducation Manual for Bipolar Disorder To shine light for others Bob Krulish shares every detail of his sometimes harrowing adventures to create stability in his life He shares how to find empathy for yourself so that you can transcend mere survival and start to thrive Anthony Metivier author of The Victorious Mind

**Memoir Of A Bipolar** Gene Wittman,2021-04-12 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

*Surviving and Thriving with Bipolar Disorder: Tips from a Survivor* Blanche Belljar, This self help book describes how I ve managed to survive and thrive with bipolar disorder for over 30 years It offers tips on how to pick a good psychiatrist how to handle depression anxiety and insomnia and how to help a loved one who s going through a manic episode It shares with you the lessons I ve learned sometimes the hard way over the years and also explores the good crazy side of being bipolar and yes there are some good sides believe it or not Many with this disorder are good artists writers and musicians Many are also well organized and have good sex lives As the best psychiatrist I ever had told me You re lucky You re in good company It s all up to you the person who has bipolar disorder to decide if you re lucky or not To decide if your glass is half full or half empty I sincerely hope my book will help you and your loved ones It has received Five and Four Star Reviews

*Making Bipolar Lemonade* John Medl,2023-02-28 A riveting memoir Making Bipolar Lemonade 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 Making Bipolar Lemonade 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 sixth 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

*Workings of a Bipolar Mind* 1-7 John,2023-04-25 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!

**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.

*I'm Not Waving, I'm Drowning*  
Salvina Cappello, 2006-03. This is a true story of a woman who was successful in one side of the television business and also struggled for her life while battling bipolar illness. She did not respond to conventional treatment for the illness, which led her to the best medical care the world could offer; the research specialists. She was one of the first to respond to Depakote, a drug which is now commonly used to treat the illness. Her personal struggle takes us in the NIH, the world's best research hospital. Ten years in remission, she encounters a problem with disrupted sleep and has a manic episode while overseas. In the battle to regain stability, she almost died twice and was comatose once. She is now emerging refreshed and re-stabilized into another take on life and learning how to catch mania early: a victory. This is a heartwarming story line with bipolar as the protagonist. She is ready to advocate for the persons with mental illnesses, the most downtrodden of all.

*Bipolar Girl* Maricela Estrada, 2009-04. 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 non crisis talk line under Project Return Peer Support Network an affiliate of Mental Health America of Los Angeles Her next book Beautiful Bipolar Bisexual continues her story of survival She currently lives in Rosemead California near her mother and family

**Workings of a Bipolar Mind 1-5** John Medl,2023-04-11 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 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 **I'm Not Crazy Just Bipolar** Wendy K. Williamson,2010-11-09 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 Publisher s Weekly says Williamson s prose is direct and thankfully not given to flowery language or circumspectness about her condition The book is straightforward and the author achieves something difficult in a memoir she remembers feelings from a period of her life while still providing distance and perspective Williamson s analysis of the mental health field and mental health professionals is insightful without being preachy and she presents her story with grace and humor National Alliance on Mental Illness The Advocate skillfully weaves together several levels of a young woman s life it is like its title an assertion that a life touched by bipolar disorder is still a life with its own logic The book does a great job at describing that logic      Perfect Chaos Linea Johnson,Cinda Johnson,2025-09-23 The Johnsons were a close and loving family living in the Seattle area two parents two incomes two bright and accomplished daughters They led busy lives filled with music lessons college preparation career demands and laughter around the dinner table Then the younger daughter Linea started experiencing crippling bouts of suicidal depression Multiple trips to the psych ward resulted in a diagnosis of bipolar disorder and it took many trial runs of drugs and ultimately electroshock therapy to bring Linea back But her family never gave up on her And Linea never stopped trying to find her way back to them Perfect Chaos is the story of a mother and daughter s journey through mental illness towards hope From initial worrying symptoms to long sleepless nights to cross country flights and the slow understanding and rebuilding of trust Perfect Chaos tells Linea and Cinda s harrowing and inspiring story of an illness that they conquer together every day It is the story of a daughter s courage a mother s faith and the love that carried them through the darkest times      Millions Like Me John Medl,2022-12-27 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 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     **Unglued** Jeffrey Zuckerman, 2020

Jeffrey Zuckerman's harrowing five year ride began months before his wife Leah was diagnosed with late onset bipolar disorder After thirty years of marriage Jeff nearly became unglued himself as the woman he loved endured an agonizing manic episode and severe depression Struggling to manage his own self care and keep his sense of humor Jeff needed to learn how to overcome the stigma loneliness and guilt that accompanied his wife's battle with a mood disorder Newly released Unglued A Bipolar Love Story is the first memoir that focuses on the exhausting practical and moral choices a family member must make when loving someone with a severe mental illness Candid funny refreshingly irreverent and ultimately hopeful Jeff's story chronicles the power of compassion faith and resilience in the survival of a marriage and a caregiver's own well being

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