

# Tightly Wound, Loosely Bound: The Memoir Of A Life Bipolar



By Bucky Recontrer with Bruce Fitzpatrick

# Tightly Wound Loosely Bound The Memoir Of A Life Bipolar

**Christine Anderson**

## **Tightly Wound Loosely Bound The Memoir Of A Life Bipolar:**

Tightly Wound, Loosely Bound Bucky Recontrer,Bruce Fitzpatrick,2014-08-22 **Tightly Wound Loosely Bound The Memoir Of A Life Bipolar**It began without his knowing it and without his consent He became a mystery to friends family business associates the world at large and many times to the police But never was he a greater mystery to anyone then he was to himself **Tightly Wound Loosely Bound The Memoir of a Life Bipolar** is the multi faceted true life memoir of a highly trained professional pharmacist with a mental and psychological disorder that afflicts more than four and a half million men women and children in America Add to that their families friends employers caretakers and clinicians and that number soars to over fifteen million people It s also one of the least understood and quickly growing psychiatric dilemmas in our society With a conversational presentation and compelling content this book is entertaining and at times quite humorous yet educational Its unique format will strike nerves funny bones and open while occasionally moistening the eyes of anyone who reads it This book also includes a special Frequently Asked Questions tutorial on bipolar disorder **Bipolar No More** Michelle J. Holtby,2008-09 **Memoir of a blessing** disguised as a tragedy More than two million Americans have bipolar disorder In her memoir Michelle Holtby tells how the illness ruined and saved her life In May 2001 at age 27 a brain disorder overwhelms her Soon she slips into an alternate reality and believes she s God Hospitalization and a diagnosis of bipolar disorder bring stability But what about recovering How does she learn to live with her mental illness And above all she wants to know why God wrecked her life causing her to loose her career friends and home Over the next 7 years Michelle peers into the cracks of her soul to confront her anguish anger and self loathing Finding new meaning for her life powerfully aids her recovery By extracting healing insights from her wrenching loss she moves forward to wellness But each day she must actively choose to remain in balance It s a constant challenge to push aside the negative voices in her head Every day she consciously embraces hope to ensure continued recovery To help others on their journey to wellness she shares many of her practical self care techniques This memoir is for anyone whose life has been touched by mental illness With candor and bravery Michelle Holtby gives a taut and compelling eyewitness account of living with bipolar disorder Her memoir confronts stigma and replaces it with understanding In overcoming despair she shows how hope and faith endure and guide her recovery **My Life's Journey with Bipolar Disorder** Joann M Stuhr,2012-08-01 **My Life s Journey With Bipolar Disorder** is the memoir of an extraordinary woman Joann M Stuhr writes about the path her life has taken from its farm roots in Iowa to New York the Pacific Northwest and on to Europe and Japan Throughout it all she had a secret Joann was living with the condition we now recognize as bipolar disorder How she coped and lived a successful life as a math teacher and a computer programmer is only part of her fascinating story She wrote this book to help others with bipolar disorder to erase the stigma **Polarized** Patricia Frisch,2012-07-10 Patricia Frisch was not an ordinary child Barely into grade school she began suffering through jilting manias and crushing depressions Unlike most children who suffer from bipolar disorder Patricia never acted out or

gave voice to the pain inside of her Raised with staunch discipline by parents of Irish descent such behavior and or tantrums simply weren t an option After two decades of struggling with pain that distorted her world Patricia was hospitalized at age twenty six where she finally received the beginnings of a proper diagnosis and medication Her long road to stability relied on key factors psychiatric medication psychotherapy prayer education meaningful work and the support of family and friends Polarized is the story of how Frisch went from terrified kid to frightened young lady to a woman in charge of her own destiny She went on to earn a Ph D in pastoral counseling She has drawn on her personal experiences to enhance a professional career as a pastoral counselor in medical religious and social service settings For several years she was the director of a pastoral counseling center in a hospital setting In Polarized Patricia Frisch writes frankly about how men often misinterpret a young woman s manic symptoms taking them to be signs of romantic interest In an account of her college years that were by turns humorous and horrifying Patricia had to turn down engagement offers from several men who misread her more frenetic moments as mutual interest Patricia addresses the fact that family relationships can also be strained by bipolar 1 disorder and the other diagnoses of bipolar disorder She states that close family members could mistakenly blame themselves for their loved one s bipolarity unaware that research shows mental illness to be a physical illness That having been said environmental stressors can aggravate the disorder Frisch describes her vital steps for managing and coping with bipolarity First and foremost taking the psychiatric medication regularly is key to managing the manic episodes and sullen depressions of bipolar disorder A pastoral counselor herself she also advocates a combination of psychotherapy prayers education meaningful work and finding supportive family and or friends as a counterbalance to the instability of the disorder After stabilizing many people with bipolar disorder find themselves surprised to discover and be capable of pursuing their unknown talents Furthermore sufferers of bipolar disorder must always be taking stock of their surroundings to identify environmental stressors that aggravate the illness Her accomplished life is a testament that bipolar disorder can be successfully managed Encouraged by her colleagues to write a book that would allow other bipolar sufferers and their loved ones to see how the disease can be contained Patricia began writing a memoir of her life and the disorder that would forever alter it Part self help part inspirational memoir Polarized shows how bipolar disorder can affect people at all of life s stages Frisch hopes to inspire others with bipolar disorder to embrace self care and overcome any setbacks

**Haldol and Hyacinths** Melody Moezzi,2014-07-01 With candor and humor a manic depressive Iranian American Muslim woman chronicles her experiences with both clinical and cultural bipolarity Born to Persian parents at the height of the Islamic Revolution and raised amid a vibrant loving and gossipy Iranian diaspora in the American heartland Melody Moezzi was bound for a bipolar life At 18 she began battling a severe physical illness and her community stepped up filling her hospital rooms with roses lilies and hyacinths But when she attempted suicide and was diagnosed with bipolar disorder there were no flowers Despite several stays in psychiatric hospitals bombarded with tranquilizers mood stabilizers and anti psychotics she

was encouraged to keep her illness a secret by both her family and an increasingly callous and indifferent medical establishment Refusing to be ashamed or silenced Moezzi became an outspoken advocate determined to fight the stigma surrounding mental illness and reclaim her life along the way Both an irreverent memoir and a rousing call to action Haldol and Hyacinths is the moving story of a woman who refused to become a victim Moezzi reports from the frontlines of an invisible world as seen through a unique and fascinating cultural lens A powerful funny and moving narrative Haldol and Hyacinths is a tribute to the healing power of hope and humor **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 **Madness** Marya Hornbacher,2009-04-01

In the vein of *An Unquiet Mind* comes a storm of a memoir that will take you deep inside bipolar disorder and change everything you know When Marya Hornbacher published her first book *Wasted* A Memoir of Anorexia and Bulimia she did not yet have the piece of shattering knowledge that would finally make sense of the chaos of her life At age twenty four Hornbacher was diagnosed with Type I rapid cycle bipolar the most severe form of bipolar disorder In *Madness* in her trademark wry and utterly self revealing voice Hornbacher tells her new story Through scenes of astonishing visceral and emotional power she takes us inside her own desperate attempts to counteract violently careening mood swings by self starvation substance abuse numbing sex and self mutilation How Hornbacher fights her way up from a madness that all but destroys her and what it is like to live in a difficult and sometimes beautiful life and marriage where bipolar always beckons is at the center of this brave and heart stopping memoir *Madness* delivers the revelation that Hornbacher is not alone millions of people in America today are struggling with a variety of disorders that may disguise their bipolar disease And Hornbacher's fiercely self aware portrait of her own bipolar as early as age four will powerfully change too the current debate on whether bipolar in children actually exists *New York Times* Humorous articulate and self aware A story that is almost impossible to put down With the same intimately revelatory and shocking emotional power that marked *Wasted* Hornbacher guides us through her labyrinth

of psychological demons Elle     **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     **A Double-Edged Life** Jill Gebhart Campbell,2009-08-17 Jill Gebhart Campbells passion for poetry writing and drawing prompted her to write this book utilizing these creative genres in order to portray her bipolar illness in a more personal way It is also a reflection of how the devastating effects of bipolar disorder shaped her life The authors story is about a young womans odyssey of triumph and sorrow and her journey to find herself again Before her diagnosis she was a beautiful compassionate young woman who excelled in both athletics and academics After her diagnosis she gained more than 120 poundsdue to health issues sick children psychiatric hospitalizations and unsuitable medications She became depressed self consumed and bitter The debilitating depression and hauntingly real hallucinations forever impacted the way she sees life and how life sees her Her faith in God proved to be her ultimate anchor through her heart wrenching circumstances After admission to solitary confinement due to hallucinations she experienced an even more profound depression The white walls barred windows cold cement floors and white bedding only exacerbated my feelings of isolation and left me swirling downward in an even deeper depression However the Lords unconditional love has allowed her to walk on the bright side once again She overcame all the odds to become the woman she longed to be She has attained the serenity one reaches when theyve been to the very end beyond hope yet made it back     **I'm Not Crazy Just Bipolar**

Wendy Williamson,2014-05-21 A memoir skillfully filtering depression and mania much like a photographer would shoot through a lens This is a vastly informative and entertaining book by popular two time bestselling author and Huff Post contributor 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 Publisher s Weekly 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 The Advocate National Alliance on

Mental Illness NAMI     *A Memoir of Love and Madness* Rahla Xenopoulos,2011-03-28 In 1992 Rahla Xenopoulos was diagnosed with bipolar disorder Despite the devastating diagnosis she sought education on her affliction Although she found an abundance of literature on various mental illnesses none of it seemed applicable to her This situation inspired her to write a book chronicling her ongoing efforts to come to terms with a disease that is in effect a life sentence The book recounts her upbringing in an eccentric loving Jewish family her struggle with bulimia anorexia and self mutilation her attempts at suicide finding true love and finally the crazy utterly unpredictable experience of giving birth to triplets This is neither a self help book nor a medical guide Reading this book will not cure anyone bipolar disorder is a chronic illness But it did help Rahla as it will countless others to understand the rhythm in the cacophony of this condition     *The Chaos of My Mind* Ellen

Northcott,2021-04-22 Have you ever wondered what it's like to hear things that aren't there Or believe things that aren't true Perhaps you've questioned how someone with a good life could kill themselves Or why someone with a severe mental illness would stop taking life saving medication These are all things Ellen Northcott has experienced and documented The Chaos of My Mind is a deeply personal book written during Ellen Northcott's darkest moments and her highest highs The writing is raw and confronting in its honesty giving a rare insight into the fight to survive against a brain determined to die The book delves into the struggles with accepting a diagnosis of bipolar disorder and the battle with medication Being a psychologist Ellen Northcott has the unique ability to contrast the personal experience and the professional viewpoint Ultimately this is a story of hope of surviving the worst bipolar has to offer and thriving As the author writes It is worth the fight

**I Hope I Get Well** Adam Gerhardstein,2024-05-30     **Manic** Terri Cheney,2008-02-05 In the tradition of *Girl Interrupted* and *An Unquiet Mind* comes this heartbreakingly written memoir of one woman's experience with bipolar disorder     **Michelle May Crack!** Michelle T Krack,2019-03-03 In her personal memoir of bipolar disorder Consumer Advocate Award winner Michelle May Krack begins her story talking about 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     **Manic Episodes and the Dark Side** Richard R. Patton,2011-03-23 *Manic Episodes and the Dark Side* draws the reader in with an autobiographical sketch of a misspent youth then plunges into the terror of bipolar illness Rich Patton travels the rocky road from the darkness of seemingly hopeless depression to the frightening experiences of manic psychosis Following the sometimes humorous but more often tragic thirty four years of the author's experiences with psychiatric wards a state mental hospital arrests criminal incarcerations and trials broken marriages and suicide attempts the reader will be heartened to find there is hope Those who struggle with this illness either personally or with a loved one will benefit from learning how the author has successfully coped and achieved in spite of his illness Included in this book are Six Pathways to the Light a guide for surviving the darkest hours including the embrace of a spiritual life     **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 **Forever Different** Christine F. Anderson, 2013-08-17. The author shares her life and experiences living with Bipolar 1 Disorder. **New Beginnings** Faith Bonyak, 2012-03-01. New Beginnings A Bipolar's Journey to Regain Her God Given Identity presents a bird's eye view of the author's life. Faith Bonyak penned this memoir over a seven year period as an overview of her life dealing with bipolar and borderline personality disorder before there was a name for it. The first part of the book is about all the different identities I lived under to help myself deal with the issues I was undergoing. The final part is the journey to my New Beginning. It is all the things I've learned along the way to help me see what God really had planned for me. Faith's story was written to help others overcome what she has experienced. I wanted to show others that you can lead a normal life and have this disorder. I want to be open and honest about how this disorder affects me on a daily basis and how I make my marriage and parenting work even with the limitations it provides to me. Once again I want to show others like me that they're not alone. I've been in their shoes when I've been manic. I understand the physical pain the cycle of depression brings. This is not something to be ashamed of and it's something that can be treated if they let themselves get the help that is out there. **Forever Different** Christine Anderson, 2013-08-19. A Memoir of One Woman's Journey Living with Bipolar I Disorder. A raw and gripping story of one woman's life struggle with the extreme highs and lows of Bipolar Disorder. The denial of her diagnosis and the eventual acceptance of her medication and disease. She takes us from her innocence as a child to her adult criminal lifestyle which led to a subsequent 70 month federal prison sentence for Securities Fraud. A tale so unbelievable and elements so disturbing you would swear you were reading fiction.

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Tightly Wound Loosely Bound The Memoir Of A Life Bipolar**

In some sort of inundated with displays and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal beauty usually diminish into obscurity, eclipsed by the regular barrage of sound and distractions. However, set within the musical pages of **Tightly Wound Loosely Bound The Memoir Of A Life Bipolar**, a captivating function of fictional brilliance that impulses with natural thoughts, lies an unique trip waiting to be embarked upon. Written by a virtuoso wordsmith, that enchanting opus guides readers on an emotional odyssey, gently revealing the latent possible and profound influence embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect their charming publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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