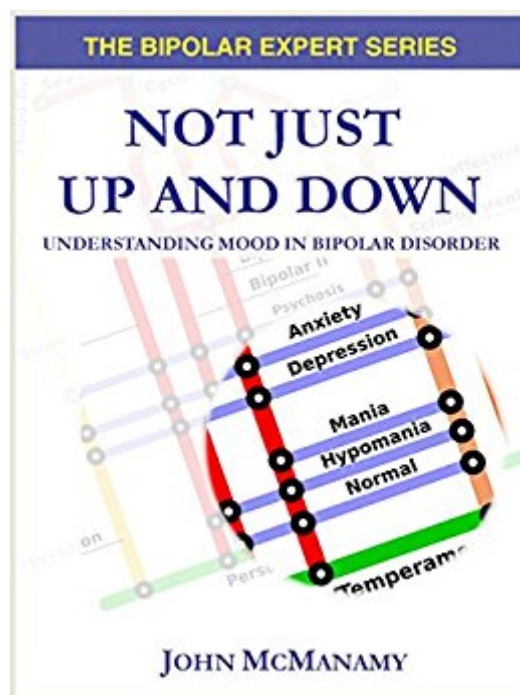




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# Not Just Up And Down: Understanding Mood In Bipolar Disorder (The Bipolar Expert Series Book 1)



## Synopsis

NOT JUST UP AND DOWN challenges the simplistic notion that bipolar disorder is an episodic illness characterized by extreme shifts in mood from depression to mania. Instead, John McManamy presents a more coherent picture of bipolar as a cycling illness with the brain in perpetual motion, extremely sensitive to nature's slightest whims. In this book, award-winning mental health journalist and author John McManamy seamlessly integrates expert scientific and patient wisdom, as seen through the eyes of someone who must face the daily challenge of his illness. Among other things, you will learn how to distinguish your depressive and manic "traits" from your depressive and manic "states." Not everything is as it seems. You will also gain insights into:

- \*The bipolar spectrum, which overlaps with depression and anxiety and personality.
- \*The mysterious interplay between genes and environment and temperament.
- \*Your own true "normal," which needs to be regarded as a mood episode in its own right.
- \*Your own anomalous behaviors, ranging from creativity to road rage to exuberance to thinking deep.
- \*The bipolar's dilemma, namely: Do you take a chance on exerting yourself and thus risk triggering a mood episode, or do you play it safe, only to succumb to isolation and despair?

In the process of learning to "know thyself," you will grow to take stock in yourself and become your own expert patient, in a position to manage your own recovery and set your own goals in life.

“John McManamy has produced a brilliant book, north of normal, south of crazy. It's as good an education about depression and manic states, and about psychiatry in general, as I've seen in one place, written from a first-person perspective of someone who's experienced what he's writing about. It's well-informed, based on careful study, explaining complex concepts simply but not simplistically, citing all the right people, and the wrong ones too (on purpose). Read it, and it'll cure you of your average-itis.” - Nassir Ghaemi, Professor of Psychiatry, Director, Mood Disorders Program, Tufts Medical Center

## Book Information

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## Customer Reviews

This book is so well written I didn't want to put the book down! My husband who doesn't like reading about mental illness picked it up and said, "My goodness this guy knows how to write!" He goes into detail how bipolar works, how you can help yourself, how one is able to cope with this illness. John McManamy is a brilliant writer. What a gift he is to this world. I highly recommend this book to families dealing with bipolar and those who battle this illness. Maggie Reese ~ Author of Runaway Mind

I read this book and found it to be very informative about a condition that can be very confusing to many. I loved the balance between research and personal antidotes. I learned about the history of psychiatry and its impact upon diagnosis and treatment. Mostly, I love the hope this book offers. We can be functional living beings. The more I know, the healthier I will be. I highly recommend Mr McManamy's book to everyone.

Nancy Andreasen, one of the world's most prominent researchers of schizophrenia and former editor of the American Journal of Psychiatry once wrote, "Since the publication of DSM-III in 1980, there has been a steady decline in the teaching of careful clinical evaluation that is targeted to the individual's problems and social context and that is enriched by a good general knowledge of psychopathology. What replaced careful clinical evaluation were the damned symptom lists. The DSM was supposed to make it

easier for researchers to talk with and check each other's work. But when clinicians, the people who treat patients, got hold of the lists, they stopped listening to patients and started comparing us to what we were supposed to look like. Count the symptoms; assess severity; assign the diagnostic code; write the Rx. As a consequence, patients became chained to lists. We have to learn the language of the DSM, because that is the only language our doctors speak. Unless we report what matches the lists, our complaints are not heard and not treated; our suffering is not known, let alone addressed. Shortly before DSM-5 was published, Thomas Insel, director of NIMH declared that the state of treatments for mental illness just were not good enough, and announced that NIMH was not going to fund research anymore that depended on the damned lists. It's time to stop reading the list of features pasted to the window of the car and start looking under the hood. Up steps John McManamy to say, Look under my hood. In *Not Just Up and Down*, John tells how medicine got to such a distorted view of bipolar. The very word confuses doctors, patients, and public alike as to the nature of the beast. He provides his own careful clinical evaluation. And he proposes a different map to follow to connect the dots. He tears up the book, takes a look at the patient, and finds a new way to explain what is going on, exactly what Insel says we need to do. What a relief! Here is somebody paying attention. John is an expert patient. He has read all the journal articles, attended all the conferences, knows his science. Nassir Ghaemi and all the other up and comers in bipolar confirm that he knows his stuff. He also knows himself. Know thyself has always been John's mantra. For those of us who have to live with this thing mis-named bipolar, we have to get beyond the fixed ideas to once again pay attention to ourselves. That is how we will move from surviving to recovery to reclaiming our own excellent selves. Oh, and it's a very funny book.

I've been reading John's excellent reporting for at least 10 years. This book gives a great overview and wonderful information on an often misunderstood illness. I cannot recommend it highly enough.

Author John McManamy does it again. This time compiling his previous writing skills with the addition of a discussion style of writing in a communicative method that represents the best in peer to peer communication. The book is not limited to a peer readership as loved one's will benefit and gain a better understanding of his personal experience, with the bonus of his shared journalistic research. It's an enjoyable book to read that included topics from literary and contemporary sources to bring more interest to the topic. The takeaway message is the reader will be exposed to aspects of Bipolar Disorder that for me, wouldn't have been discovered. This includes the history of the

disorder, the research, treatments of the past and what is available today. For the avid reader on the topic it'll be another great book to add to their personal library. I suggest explore further on his website, and it'll be a treat. I'm looking forward to the upcoming books in this series.

Computer down? I call in the most experienced, techie I can find, major points granted to any proud geek who pre-dates Windows. Why? Because they've been there and thrived through all the myriad changes in the head-spinning world of computer technology over the past 30 years. So when it comes to exploring the gray matter between our ears, John's got chops in this area of the mental health field, period. As a been-there-and-back journalist-turned-expert, he disseminates profoundly complicated layers of history and inside drama into story the lay person can understand without the glazed-eye effect. No snoring. The man gets your attention and keeps it! And...you don't have to have a bipolar diagnosis to appreciate the content and benefit from this book. We all have at least one person in our lives (see the NIMH statistics <http://www.nimh.nih.gov/health/statistics/prevalence/bipolar-disorder-among-adults.shtml>) diagnosed bipolar and likely many who qualify. If anything we may relate to any of the states of mind he describes as an occasional, stressful, "am I crazy?" circumstance in our own busy lives. I highly recommend this book to anyone in the mental health, counseling, and peripheral fields...and especially to anyone living with bipolar disorder.

Not what I expected. Way too much quoting the work of others, way too much on wiring. Almost nothing on symptomology, few examples, no suggestions for things that help with this very real struggle. I will say his writing style is engaging and funny "cancel that love boat cruise" '. He gives great examples of his own experiences and some hit home. I like the man very much....the approach, not so much.

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