

<u>View From The Rollercoaster Unsteady Essays And</u> <u>Bipolar Bylines</u>

Tracy Ebbert Revalee

View From The Rollercoaster Unsteady Essays And Bipolar Bylines:

View from the Rollercoaster: Unsteady Essays & Bipolar Bylines Tracy Ebbert Revalee, 2011-06-01 King Solomon said a cheerful heart is good medicine So if you begin to operate on the assumption that the Bible is not just another dust magnet an assumption that puts you at odds with most of the world and then you find out you re mentally ill a fact that puts you at odds with yourself and the rest of the world what are you going to do Cry Or figure it out In the life of a bipolar person judgment is a matter of brain chemical roulette emotions are not to be trusted and reason takes the last train home Relationships rise and fall with the mood swings It's a monster and Tracy Revalee has been battling it for decades If you get in the rollercoaster car with her you ll get to growl back at a dog defy your ghosts and try to interview a pig Like any good journalist she asks the hard questions Where did I get that car What is the difference between hay and straw Why am I avoiding the mall At the end of the day even if you don't know all the answers this book will point you toward a larger truth That s what makes the journey whether it s up down or sideways a joyful one If you or someone you know lives with mental illness this scenery may be familiar mania job hopping broken relationships and breakdowns In this book dated chapters will quide the reader through a journey of time place and experience to the healing shelter of a due by the sea It s a non linear trip The subtitle Unsteady Essays and Bipolar Bylines describes a structure that includes brief essays on a jewel of a neighborhood a dangerous dog and a nameless pig For starters Employing song and narrative the author is a peaceful quide for a bumpy ride **Bipolar and the Art of Roller-coaster Riding** Madeleine Kelly, 2005 Living on a Roller Coaster James O. Wessinger, 2001-07 The Roller Coaster of My Bipolar Disorder Romo Gauvreau, 2013-07 I must warn the reader that in spite of my efforts to deliver a book in Shakespearian English it won t happen There will be some mistakes in my text like there are some in my life And I will not hire a corrector I am who I am it is what it is Maybe you should buckle your seat belts and have a good read **Thriving on the Bipolar Roller Coaster** Phyllis Elliott Lcsw-R,2007-06 What does a person do when life suddenly changes and not for the better Phyllis Elliott didn t expect racing thoughts lack of concentration and sleep deprivation followed by extreme sluggishness At forty four she planned to enter graduate school for social work when her life was upended by a diagnosis of bipolar disorder With the everyday demands of life family and career Elliott felt overwhelmed One day she was a wife mother and student and the next a patient Things that used to be effortless now took more energy than she could summon In Thriving on the Bipolar Roller Coaster Elliott courageously shares her journey from patient back to her former roles as she discusses Medication and coping skills Education and advocacy Recovery and hope Special tools for the families of children and teens The knowledge that Elliott gained allowed her to achieve her goals and to live a full life once again For patients their loved ones and the professionals treating them Thriving on the Bipolar Roller Coaster is an essential guide to finding hope managing symptoms and thriving in the midst of bipolar challenges Roller Coaster Ride Janice Bingham Rench, 2010-11-19 Combining fiction with non fiction the reader is provided with multiple vantages from which to explore and understand the experiences of those with bipolar illness and the potentially devastating impacts of the disease on those who love the afflicted individual Ms Rench has over thirty five years experience as a counselor victim advocate administrator of nonprofit organizations and public speaker in the field of mental health Earlier book releases were aimed at increasing the understanding of adolescents approaching sexuality involved with sexual violence or domestic violence Ms Rench has a longstanding interest in increasing public awareness on an array of mental health issues Writing on these issues has been her primary vehicle to promote such awareness Ms Rench divides her time between New England and the panhandle of Florida

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