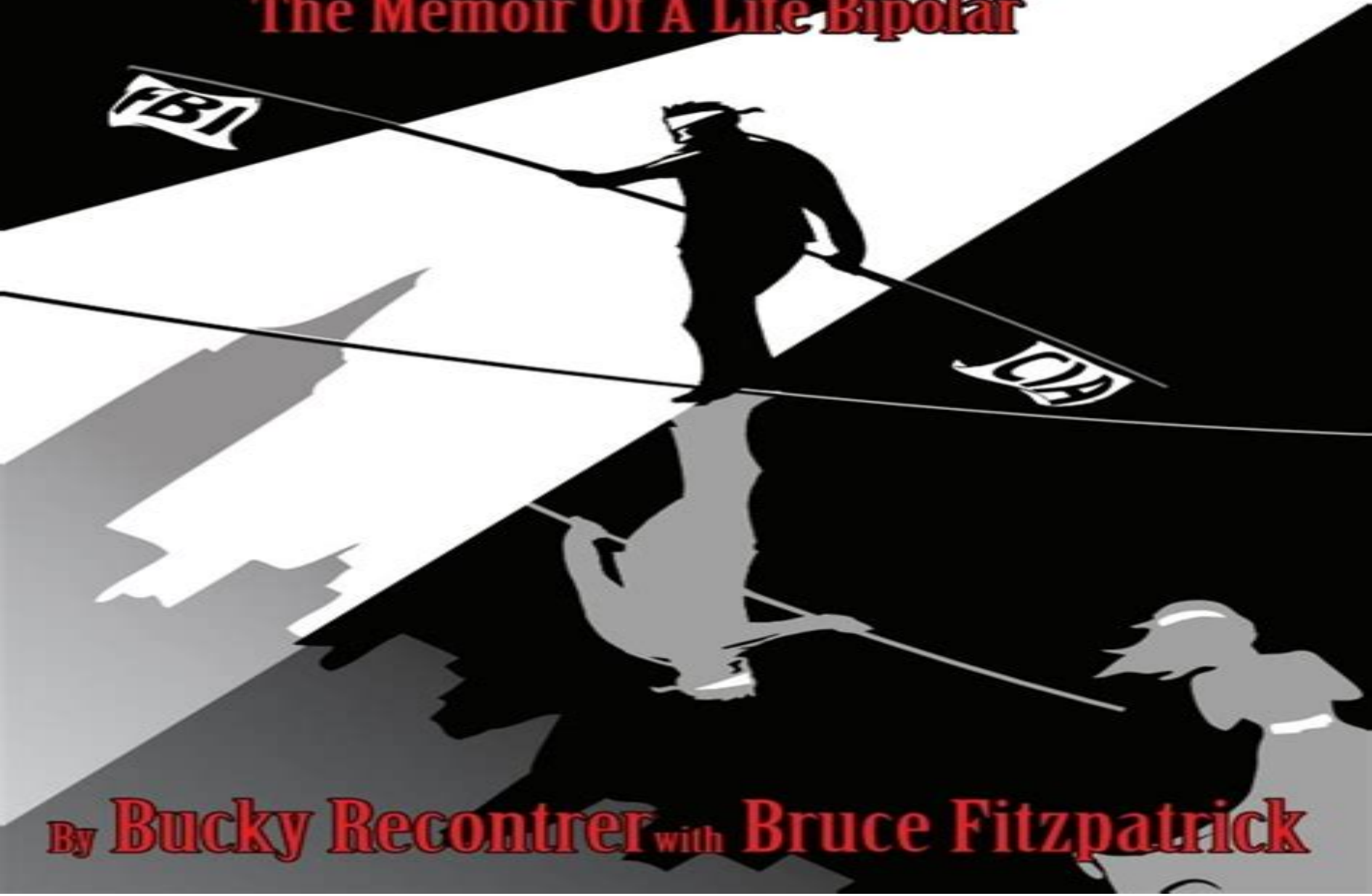


# Tightly Wound, Loosely Bound:

## The Memoir Of A Life Bipolar



By **Bucky Recontrer** with **Bruce Fitzpatrick**

# Tightly Wound Loosely Bound The Memoir Of A Life Bipolar

**Michelle J. Holtby**



## **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 than 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

**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 authors 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

*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

**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

**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

## **Tightly Wound Loosely Bound The Memoir Of A Life Bipolar** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Tightly Wound Loosely Bound The Memoir Of A Life Bipolar**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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