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# I'm Not Crazy Just Bipolar



## Synopsis

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. Despite Wendy's struggles, this is not a book that brings the reader down, rather a road map for wellness and a vastly informative, yet entertaining, guided tour of bipolar disorder for those who don't understand it. With her perceptive self-awareness, the author is equal parts comedienne and educator, and she tells the unbelievable highs and lows of her story with a clear, grounded candor.

## Book Information

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## Customer Reviews

"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." [- Publishers 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." [- National Alliance of Mental Illness/NAMI's The Advocate](#)

Wendy Williamson always wrote poetry, but while studying at Virginia Tech decided to write a book.

A decade later, after being downsized and fed up with corporate America, she shifted gears and wrote it. *I'm Not Crazy Just Bipolar* is an honest memoir of healing and hope. Her second book, *Two Bipolar Chicks Guide to Survival: Tips for Living With Bipolar Disorder*, co-written with author Honora Rose, was published by Post Hill Press in early 2014. Wendy has written for *Bipolar for Dummies: 2nd Edition*, *BP Magazine* and *The Two River Times*. Her book has been reviewed by *Publisher's Weekly* and *National Alliance on Mental Illness' (NAMI) The Advocate*. Wendy has been interviewed on over forty radio stations and is the founder of *The Red Bank Writers Group*. Wendy blogs for *BPHope*, tweets @bipolarwendy and @2bipolarchicks and wears out laptops to stay sane. [wendykwilliamson.com](http://wendykwilliamson.com) and [twobipolarchicks.com](http://twobipolarchicks.com).

This book was a great read. Never since Kaye Redfield Jamison have I read such a down to earth account of the struggles of being bipolar. I've tried many and they fall way short, like the authors are after money or recognition. This author gives her feelings in all states at the gut level that I can well relate to. Same with medication and treatment issues and life issues in general. I was never hospitalized, thankfully, or had no one to force the issue. I did have to go on disability because I couldn't keep it together. Mixed states author explains are all too real and horrible. Mania you are queen of the universe and when depressed lower than dirt. I could feel her pain, joy, hurt and confusion. Excellent book.....

This is one of the most intense, moving, and incredible books on the subject I have ever read. I came upon this remarkable story while "surfing" for books on various forms of mental illness. Bipolar Disorder is a disease that gradually unravels the spirit, soul and mind of the patient, and robs the family of the member they used to know. As an advocate for the mentally ill, I have become fully aware of the stigma that is faced on a daily basis by those afflicted; by insurance companies, family members, and society as a whole. Wendy not only gives us an in-depth look at her struggles and subsequent survival in dealing with this illness, but the reactions of the medical community, friends, and her own self-perceptions into herself. The book describes the alcohol and/or drug abuse that often accompanies bipolar disorder; indeed many mental illnesses wherein the patient has a desire to self-medicate away the pain. She eloquently states "I am a person who has bipolar, I am not bipolar". This is the message that we often attempt to impart to our friends struggling with the stigma, pain and irrational feelings associated with being mentally ill. The author was brutally frank relative to her suicide attempts, and failed toxic relationships; often occurring in the mentally ill. This

book has humor, insight, depth and took a great deal of courage to write. It is a book primarily for lay people, but I believe it is a must read for physicians, researchers, and family members as well. This reviewer wrote her PhD dissertation on bipolar disorder; I wish Wendy had been in my life to interview! Don't miss reading this one!

I wish I had read this so much sooner. The clinical descriptions on medical and psychology websites or in the same kind of books do NOT begin to help anyone understand what is going on inside a bipolar person's mind. My fiancée was bipolar and it was hard for me to comprehend what he was going through esp when he talked about voices he heard. I found this book on along with *Madness: A Bipolar Life* and had just started reading this one first when he passed away from lung cancer. To have know so much sooner what this book taught me, would have helped me help him better so much more than I was.

This book is written by a person with bipolar disorder, mainly for people with bipolar disorder. If you know a family member or friend with bipolar disorder, this book will give you good insight into many common themes and experiences bipolar people typically go through. For those people who don't know anyone with bipolar disorder, aren't affected themselves, and haven't done any research into the illness - this book is not for you. Please don't waste your time reading it or giving it a bad review. I've struggled with bipolar disorder for 15 years and relate to so many things in this book. I know other people with bipolar disorder who would also relate to this book. Bipolar disorder has common threads that many of us, but not all, experience. Drug and alcohol abuse, addiction, manic frenzies that destroy stability and friendships, severe financial trouble, repeatedly being on the psych unit, dealing with other patients, staff, and policies while on the psych unit, depression, suicidal thoughts, suicide attempts/success, bad police encounters, strained family relationships, job trouble, unstable relationships, scary romantic relationships, more job trouble, dealing every day with medications and their cruel side effects, and finally those one or two friends or family members who somehow, somehow manage to stick with you through everything when they should have cut and run. Excellent read, Wendy - thanks for writing this book.

This very forth-right author shares her extensive experiences, as well as what she has learned living with Bipolar Disorder. It runs the gamut of experiences: drugs, poor choices, hospitalizations & run-ins with the law. It's an excellent, informative book for anyone who wants to understand what living with Bipolar Disorder can be like, as well as a motivator for those with this illness to seek

treatment.

The best type of book for me both entertains and teaches. This book does that "in spades" I could not put it down as I both laughed and cried. Throughout the author so exquisitely reveals her fascinating story. Even if you do not know a person with bipolar disorder, I think most would find it educational and uplifting reading.

Held my interest from beginning to end. I didn't realize how many of my 'quirks' were actually tied to various ways bipolar expresses itself!! I only wish I had read this sooner.

Well worth the read over and over again. Helps me truly feel like someone else knows. I highly recommend to anyone diagnosed to better understand themselves or any loved ones who are dedicated to supporting and just want to make sure they are doing all they can.

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