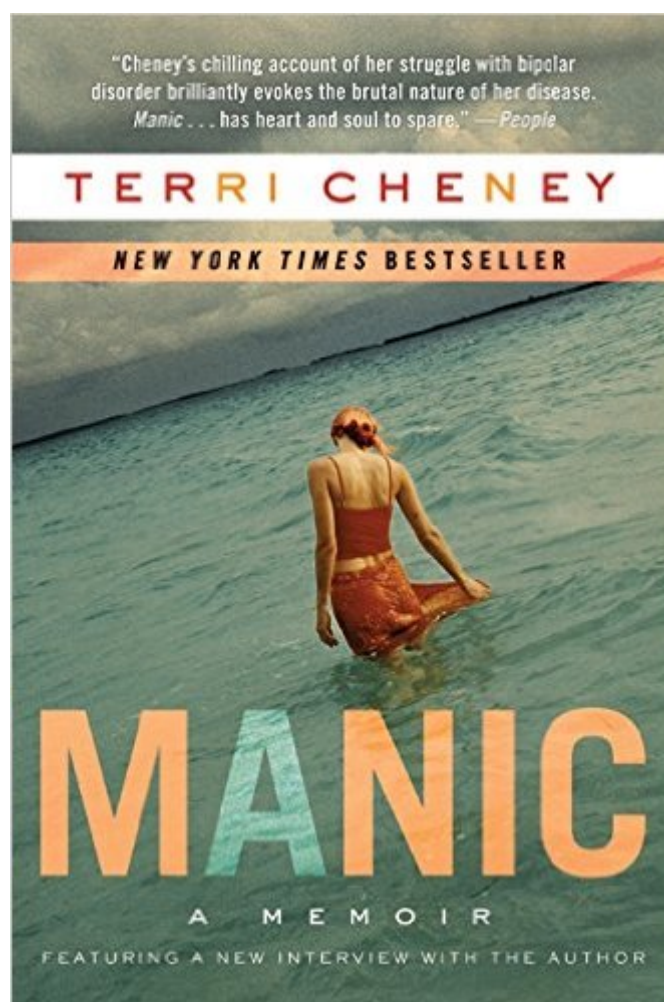


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Manic: A Memoir



Synopsis

An attractive, highly successful Beverly Hills entertainment lawyer, Terri Cheney had been battling debilitating bipolar disorder for the better part of her lifeâand concealing a pharmacyâs worth of prescription drugs meant to stabilize her moods and make her "normal." In explosive bursts of prose that mirror the devastating mania and extreme despair of her illness, Cheney describes her roller-coaster existence with shocking honesty, giving brilliant voice to the previously unarticulated madness she endured. Brave, electrifying, poignant, and disturbing, *Manic* does not simply explain bipolar disorderâit takes us into its grasp and does not let go.

Book Information

Paperback: 272 pages

Publisher: William Morrow Paperbacks; Reprint edition (February 3, 2009)

Language: English

ISBN-10: 0061430277

ISBN-13: 978-0061430275

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂÂ See all reviewsÂ (368 customer reviews)

Best Sellers Rank: #91,043 in Books (See Top 100 in Books) #44 inÂ Books > Health, Fitness & Dieting > Mental Health > Bipolar #149 inÂ Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #3535 inÂ Books > Biographies & Memoirs > Memoirs

Customer Reviews

I've dealt with depression and a bipolar condition all of my life. When I was younger, I didn't know what it was. At that point, it just manifested itself as a heavy sadness that would hit about every six months or so and last for about a week. Unfortunately, as I grew older and got knocked about by life every so often - especially when I got hammered through no fault of my own and didn't see the reason for it, that cycle accelerated and started lasting longer. During those intervening years, I also pushed my writing hobby (probably cathartic in the beginning) into a full-time career. Which meant that I was forced to (and still do) live primarily out of my own head. That's not always a pleasant place to be. Too many nightmares exist there. And I've learned throughout my life where all the weak points are. When I'm in a downward spiral, I attack myself unmercifully. When I'm in an upward spiral, I can't sit still. I started figuring out my own coping mechanism, based on materials and books I'd read. But that was only after I figured out what I was going through was different than

the life other people dealt with. In fact, my first clues as to what I had to face were given to me by friends that suffered from the same anxieties and pressures. These conditions aren't easy to deal with for the person who has them. Or for the people around them. When I first read about Terri Cheney's book, MANIC, I immediately wanted to review it. Here was a successful person who admittedly dealt with the same issues I had, but I didn't know how honest she was going to be about those problems.

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