



## Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder (Adolescent Mental Health Initiative)

By Jamieson, Patrick E.

Oxford University Press, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: In this book for young people facing bipolar disorder, Patrick Jamieson, a psychologist with bipolar disorder himself, relates the major events of his life pertaining to his diagnosis at age 15. With the medical expertise of psychiatrist Moira Rynn, Jamieson presents cutting-edge research on the disorder, covering such difficult issues as psychiatric hospitalisation, living with mood-stabilising medications, and "what doctors know" about bipolar disorder. And with great insight, humour, and authority, he also uses his own experience to offer practical advice orientated towards young adults, and to humanise the illness, easing the isolation and fear that a new diagnosis may bring about. Included in the text are sections on getting help, resources for the recently diagnosed, and a detailed FAQ.



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