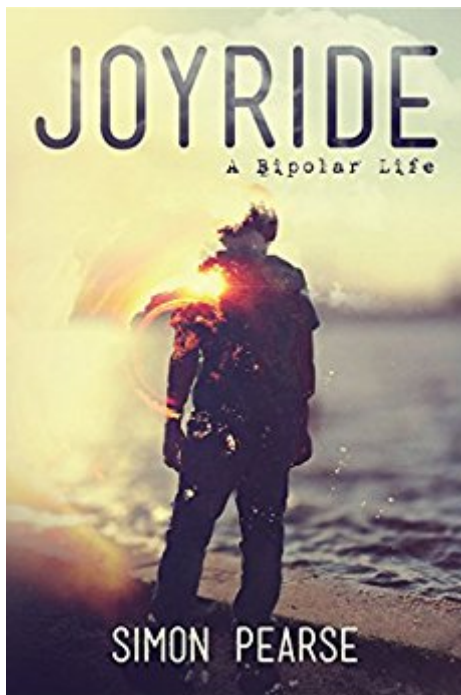


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# Joyride: A Bipolar Life



## Synopsis

Meet Si, a young man coming of age in apartheid-era South Africa. Si is juggling family, friends, and girls—but he must also figure out how to manage the demands of Andrew and Benson. “Andrew” and “Benson” are the manifestations of Si’s undiagnosed bipolar disorder. Andrew, a devil-may-care bloke, is what Si has dubbed his manic moods. People enjoy being around Andrew for the thrills, but he’s unable to form any deep attachments, which can be off-putting. Benson, on the other hand, represents Si’s darkest days. In this fascinating account, Si recounts his journey to diagnosis and treatment for bipolar disorder, sharing his experiences in a relatable, entertaining way in the hope that his readers will come to a better understanding of this mental illness and develop more patience with those who may be wrestling with a formidable challenge. Joyride does not heap blame or shame; instead, it dispenses a dose of reality and offers those who may be feeling isolated the consolation that they are not alone in their struggle.

## Book Information

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## Customer Reviews

An honest and intimate journey into the mind and philosophy of a person diagnosed with bipolar

disorder. If you want a little understanding of the wrangles of a bipolar mind, it is a must read.

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Joyride: A Bipolar Life Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series Book 1) Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) Beautiful Bipolar: A Book About Bipolar Disorder Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Curves, Dirt and Cuyamaca: Boulder Creek Road to Cuyamaca Highway Journey is Challenging, Beautiful (Joyride Guru San Diego Day Trip Book 4) Wall Street Joyride: The True Story of the Prodigy, the Playmates and the Missing \$50 Million Joyride Madness: A Bipolar Life The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Lost Marbles: Insights into My Life with Depression & Bipolar The Bipolar Handbook: Real-Life Questions with Up-to-Date Answers Haldol and Hyacinths: A Bipolar Life Parenting Your Complex Child: Become a Powerful Advocate for the Autistic, Down Syndrome, PDD, Bipolar, or Other Special-Needs Child Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders (2nd Edition) Back to Normal: Why Ordinary Childhood Behavior Is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder

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