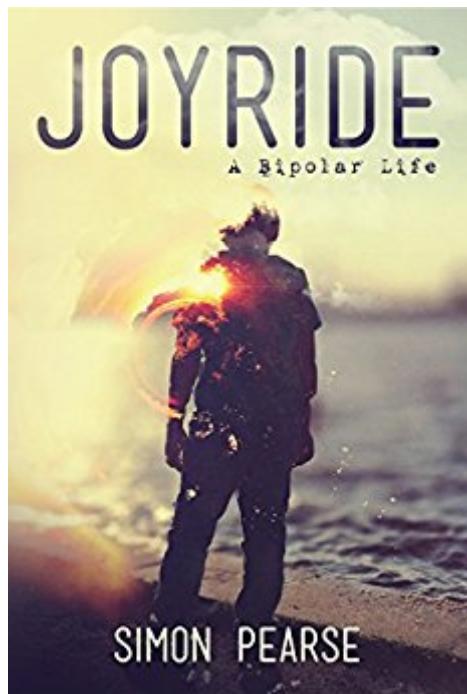


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Joyride: A Bipolar Life



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 is 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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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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