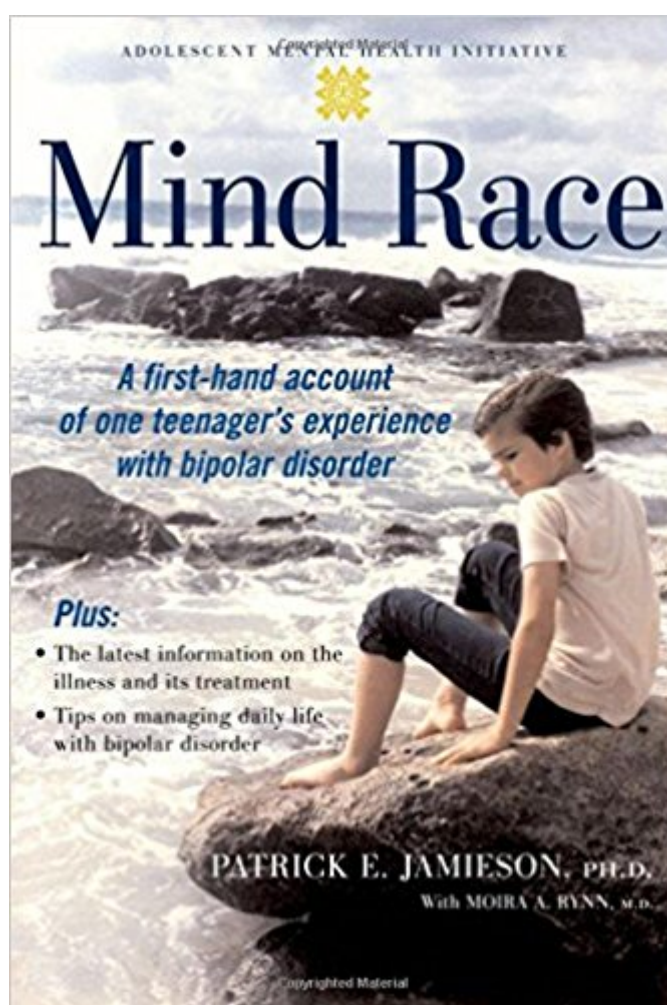


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# Mind Race: A Firsthand Account Of One Teenager's Experience With Bipolar Disorder (Adolescent Mental Health Initiative)



## Synopsis

[SERIES COPY] New to the Adolescent Mental Health Initiative series are books written specifically for teens and adolescents. Each book addresses some of the major mental health issues facing young people today: depression, alcoholism, drug abuse, eating disorders, schizophrenia, and anxiety disorders. They will be written for and by young people who have struggled with and conquered these illnesses themselves. Supplementing this first-person narrative with the scholarship and expertise of leading psychiatrists and psychologists, the authors will provide such essential information as how to go about getting a diagnosis, what the latest treatment options are, and how to cope with mental illness at home and at school. Using this unique combination of personal narrative and cutting-edge research, these books are designed to help teens and young adults deal effectively with these illnesses and to empower them and their families to act immediately and wisely and getting the best available treatment possible. The life of a person with bipolar disorder can be tumultuous. Imagine living in a world divided into many parts: one is fast-paced, frantic, energetic--you are at the top of your game and feeling invincible; another is so bleak and dark that even the simple task of going to the store requires Herculean effort. Now imagine a third: going about your daily routine when another manifestation, the mixed state, combines these symptoms simultaneously. This is just a glimpse into the world of a person with bipolar disorder. Many people diagnosed with this disorder are adolescents: young people who often feel isolated, unsure of who to talk to, or where to turn for help or answers. Having been diagnosed with the disorder at age fifteen, Patrick Jamieson knows firsthand the highs and lows and brings his experiences to bear in *Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder*, the first in the Annenberg Mental Health Initiative series written specifically for teenagers and young adults. *Mind Race* is a first-person account, aimed at teens who have recently been diagnosed with bipolar disorder, informative in a compassionate, good-humored, yet authoritative manner. Jamieson discusses his own challenges and triumphs, and offers advice on dealing with developing symptoms such as how to recognize the beginning of a mood shift. In accessible language, he presents the latest in scientific research on the disorder, treatment options, and how to cope with side effects of different medications. He includes a detailed F.A.Q. that answers the questions a newly diagnosed adolescent is likely to have, and also offers suggestions on how to communicate with friends and family about the bipolar experience. With *Mind Race*, Jamieson offers hope to teens and young adults living with bipolar disorder, helping them to navigate and overcome their challenges so they can lead a full and rewarding life.

## Book Information

Series: Adolescent Mental Health Initiative

Paperback: 200 pages

Publisher: Oxford University Press; 1 edition (August 15, 2006)

Language: English

ISBN-10: 0195309057

ISBN-13: 978-0195309058

Product Dimensions: 8.2 x 0.4 x 5.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 17 customer reviews

Best Sellers Rank: #402,065 in Books (See Top 100 in Books) #39 in Books > Teens > Personal Health > Depression & Mental Health #69 in Books > Teens > Education & Reference > Social Science > Psychology #165 in Books > Health, Fitness & Dieting > Mental Health > Bipolar

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

"Jamieson's brilliant insight into the young bipolar patient is incredible. But more importantly, *Mind Race* is a must read for both teenagers with the disorder and their families in learning to cope with this illness, because it will save lives."-- Andy Behrman, author of *Electroboy: A Memoir of Mania*"Patrick Jamieson has written a good, solid primer for young people diagnosed with bipolar disorder and for their families. His book is full of sound, no-frills advice from someone who knows what it means to live with bipolar disorder. Jamieson has used the advice in this book to rescue himself from the perils of bipolar disorder, and made a fulfilling life for himself. I hope my own children will do as well."--Paul Raeburn, author of *Acquainted with the Night*, a memoir of raising children with depression and bipolar disorder"An incredibly important work, and a road map to hope for young people living with bipolar disorder."--Bev Cobain, author of *When Nothing Matters Anymore: A Survival Guide for Depressed Teens*"*Mind Race* is the book Patrick Jamieson "searched for and could not find" when he was 15. Reflecting on his adolescent years, Jamieson renders a gripping, first-hand account of his struggle with bipolar disorder. *Mind Race* deftly weaves the author's personal narrative with current medical information on diagnosis and treatment. Most importantly, Jamieson demonstrates that the illness can be managed, emphasizing that "the illness is not our identity." Adolescents and young adults facing the challenges of bipolar disorder will draw both inspiration and information from this unique contribution to the growing literature on bipolar

disorder."--Kate C. Pravera, Ph.D., Executive Director, Child and Adolescent Bipolar Foundation"An excellent introductory book on bipolar disorder. While useful for teens and young adults recently diagnosed with this disease, adults and caregivers should read this book, as it is one of the easiest-to-read introductions to the mental, social and medical challenges of this disease."--Journal of Mental Health

Patrick Jamieson, PH.D., is Associate Director of the Adolescent Risk Communication Institute of the Annenberg Public Policy Center of the University of Pennsylvania. He is the series editor of the 12-book Annenberg Mental Health Initiative (AMHI) trade series of books for parents and teens.

Moirá Rynn, M.D., is Assistant Professor of Psychiatry and Medical Director of the Mood and Anxiety Disorder Program and of the Child and Adolescent Research Service (CAREs) at the University of Pennsylvania.

As the parents of a wonderful child who is being treated for a chemical imbalance in her brain that has been recently diagnosed (after years of miss diagnosis) as bipolar, we have found that this book has given us more insight into the illness than any other book we have read to date (which is quite a few). This is NOT a reference book with general advice on treating the condition, but a single person's experience with it. While his experiences are not the same as ours, this telling is very vivid and understandable, and he pulls no punches while not getting preachy. He brings up many of the issues that face this illness including the impacts it has on friendships, lifestyle, how certain terminology in our society can affect the person struggling with these issues. The book is a short easy read that touches on many aspects of the treatments but not as a reference but more as an explanation. His use of humor to ease some of the heavy parts is excellent, and the book has become a wonderful way to open dialog with all members of our family. We have purchased a number of copies of the book and are sharing them with others. THANK YOU Patrick Jamieson. You have given us both the focus of seriousness of the condition as well as hope that our wonderful child can live a full and wonderful life.

A daughter who has suffered over half her life, was properly diagnosed with Bipolar illness about three years ago, recommended "Mind Race". We agree this book has given us more insight into how the illness presents itself, in real time, than all the strickly clinical research we had done. Testimonies of others who, in spite of their illness, have made great strides, reassures us she can live a much more 'normal' productive life. Like other intelligent young woman, she's learning it's just

as right and important to set boundaries in her life regarding stress levels, regular healthy eating & sleeping patterns and enjoying time with good friends, as taking her meds as prescribed is vital to help manage the ups and downs. There is hope! It's important for others to fully understand that the illness is not our identity. Whole families should read 'Mind Race' to better understand, give proper support, encouragement and unconditional love to their loved one who suffers so much.

I purchased this line of books to have relate able items for my students in counseling. I've enjoyed the books & felt they're easy to read for the younger audience. I will definitely purchase more in the future.

This book is a well-written and interesting first person account of the coming of age of a teenager with bipolar disorder. It is the best book I've seen that describes what what mania and depression feels like. It discusses all the pertinent topics, drugs, depression, mania, suicidal feelings and hospitalization, including why one would be hospitalized and what it is like being in hospital. The author talks about all these things as he has experienced them, which is the chief strength of the book. I would recommend this book for anyone who is bipolar and for the family and friends of people who are bipolar. It is very well done.

This book shows me personally. Living with bipolar, I formed a connection. With humor, yet poignant truth this book clearly depicts inner turmoil and shame experienced. His constant denial of a psychological diagnosis was the lack of education of society during his upbringing; where brain based chemical imbalances defined you "crazy" and "dangerous." The book's complete honesty using layman terms can depict the two unpredictable uproars of "mass destruction." Where mania and depression play tug a war inside a solitary body. GOOD READ.

this book contains information that is very pertinent to anyone that has someone that is affected with adhd, depression and the mental things in their life that makes it difficult to function normally.it is highly recommended for people with these problems.

Very good insight. Very helpful.

This book did at least give me some insight into the minds of teenagers with bipolar disorder.Might not buy it again though.

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