



My Black Box: Flights of Bipolar (Paperback)

By Professor Michelle Murphy

Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine being a young adult experiencing all the usual milestones of life. Suddenly you start hearing voices in your head and losing your ability to control your thoughts. Who can you trust and how do you determine what is real and what is unreal? My Black Box: Flights of Bipolar offers readers a rare, courageous and candid look inside a bipolar mind as it takes ight from reality and enters the world of full-blown psychosis. In opening her black box and revealing its contents, author Michelle Murphy gives us a tremendous gift-a compass for those who may be suffering with symptoms of psychosis and attempting to navigate those frightening waters. This book will also serve as a context within which to understand our loved ones who suffer from bipolar, schizophrenic, and schizoaffective disorders. Anyone living with a serious mental illness-or loving someone with a serious mental illness-will identify with Michelle s psychotic episodes and feel less alone. And everyone who reads this book will feel encouraged and inspired by the determination with which the author continues...



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