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## A Hidden Madness

By James T. R. Jones

James T.R. Jones. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. A Hidden Madness tells the story of an accomplished individual who has reached the pinnacle of his profession despite suffering for over thirty years from the severe mental illness bipolar disorder. He has done so mostly in silence because of fear of stigma. Extreme childhood bullying helped cause his condition, which has seen him hospitalized five times in psychiatric facilities for periods as long as six months. It is an eye-opening voyage through the little-understood realm of severe mental illness featuring its powerful medications, periodic hospitalizations, often rocky relationships, and light as well as dark moments. The story offers both real hope for those afflicted by serious mental illness and deep insight into their many symptoms, numerous drugs, periodic crises, and potential triumphs. It shows that by being compliant with a medical regimen of therapy and medication, getting help and support from others with the same illness, benefitting from a loving family, discovering coping mechanisms to get through every day, having caring and understanding friends, and being too stubborn to let a disease ruin his life one can enjoy a successful and fulfilling professional and...



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