



My Kind of Crazy: Living in a Bipolar World

By Janine Crowley Haynes

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My Kind of Crazy was chosen as Honorable Mention in the Writer's Digest Magazine's 17th Annual International Self-Published Book Awards in the Inspirational category. I am an expert on being crazy. My kind of crazy is known as bipolar disorder. Although my case is more severe than most, I am not alone. One in four suffer from a mental illness in a given year. This is a staggering statistic. Yet the stigma attached to mental illness persists. Many diagnosed with a mental illness suffer in silence due to the shame associated with it. There are countless books that approach the subject from a clinical and/or psychoanalytical perspective. My book, however, focuses on the human experience of living with a mental illness. Being bipolar brings with it the very highs and lows of emotion, and my story is written in the same way. The journey on which I take the reader is not a depressing one. There is much humor to be found and many lessons to be learned after one is diagnosed. I bring the reader with me on the emotional roller coaster that is my life. With my story, I hope to dismantle the shame that one with a similar illness might experience. For me, once I accepted and embraced *my kind of crazy*, I found I was able to heal and move forward to help change the societal perception of mental illness. Not unlike diabetes, mental illness should be understood on a biochemical level, not be viewed as a character flaw. When the brain gets sick, it exhibits symptoms that need to be addressed and managed just like any other illness.

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Editorial Review

Review

My Kind of Crazy was chosen as Honorable Mention in the Writer's Digest Magazine 17th Annual International Self-Published Awards (Inspirational category).

The author's narrative style is perfect for her story: frank and detailed, yet intermingled with enough humor that the readers will smile along with her, even when she is about to undergo shock treatment.--Judge No. 35, Writers Digest 17th Annual International Self-Published Book Awards

[There are] some surprises and moments that will stay with the reader for a long time to come.... -- HarperCollins/HarperTrue Review

A trip through the author's mental illness told in a heartwarming, self-deprecating style....Eminently readable and worthy of attention"--Kirkus Discoveries

What shines through this whole story is the author's honesty....I learned a lot from My Kind of Crazy and think you will too.-- John Linsenmeyer, The Greenwich Time

I was left with the feeling that she wrote the book and just put it out there for whomever it might help. My Kind of Crazy is sure to touch and entertain you.--Michael Kohn, Inside Chappaqua Magazine

About the Author

My Kind of Crazy was chosen as Honorable Mention in the Writer's Digest 17th Annual International Self-Published Book Awards in the Inspirational category.

I am an expert on being crazy. In fact, I have over thirteen years of personal experience. The medical term for my kind of crazy is known as Bipolar Disorder aka Manic-Depressive Illness. My experience on being crazy includes a series of psychotic breakdowns, severe bipolar mood swings, lengthy lists of medication regimens, countless therapy sessions, routine psychiatric hospital stays, a suicide attempt, and electroshock treatment.

Although my case is more severe than most, I am not alone. I am only one of 5.7 million adult Americans who suffer from a mental illness in a given year. This is a staggering statistic, and yet the stigma attached to mental illness persists. Those diagnosed with a mental illness suffer in silence due to the shame associated with it. There are many books that approach the subject from a clinical and/or psychoanalytical perspective. My book, however, focuses on the human experience of living with a mental illness. Being bipolar brings with it the very highs and lows of emotion, and my story is written in the same way. The journey on which I take the reader is not a depressing one. There is much humor to be found and many lessons to be learned after one is diagnosed as crazy. I bring the reader with me on the emotional rollercoaster that is my life.

With my story, I hope to dismantle the shame and isolation that one with a similar illness might experience. In fact, I believe one must embrace his or her inner-craziness in order to heal, evolve, and move forward to help change the societal perception of mental illness. Not unlike diabetes, mental illness should be understood on a biochemical level, not be viewed as a character flaw. When the brain gets sick, it exhibits symptoms that need to be addressed and managed just like any other illness.

The author, Janine Crowley Haynes, is a forty-three-year-old wife, mother, and self-acknowledged crazy person living in a bipolar world.

Users Review

From reader reviews:

Alfred Hoover:

Often the book *My Kind of Crazy: Living in a Bipolar World* has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was compiled by the very famous author. Tom makes some research before write this book. This specific book very easy to read you may get the point easily after perusing this book.

Marcia Eberhart:

Reading a book to get new life style in this year; every people loves to study a book. When you go through a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. If you need to get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, in addition to soon. The *My Kind of Crazy: Living in a Bipolar World* will give you a new experience in studying a book.

Aaron Ryan:

In this age globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. Often the book that recommended for your requirements is *My Kind of Crazy: Living in a Bipolar World* this publication consist a lot of the information from the condition of this world now. This specific book was represented just how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Often the writer made some research when he makes this book. This is why this book appropriate all of you.

Mary Brown:

Some people said that they feel bored when they reading a e-book. They are directly felt it when they get a half elements of the book. You can choose the particular book *My Kind of Crazy: Living in a Bipolar World* to make your personal reading is interesting. Your personal skill of reading expertise is developing when you similar to reading. Try to choose basic book to make you enjoy to learn it and mingle the opinion about book and looking at especially. It is to be 1st opinion for you to like to open a book and read it. Beside that the publication *My Kind of Crazy: Living in a Bipolar World* can to be your brand-new friend when you're really feel alone and confuse in doing what must you're doing of the time.

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