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psychologist and bipolar disorder  
researcher Kay Redfield Jamison  
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details Jamison's experience with bipolar disorder and how it affected her in various areas of her life from childhood up until the writing of the book. Narrated in the first person, the book shows the effect of manic-depressive illness in family and romantic

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published in September 18th 1995, and was written by Kay Redfield Jamison. The book was published in multiple languages including English, consists of 223 pages and is available in Paperback format.

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Unquiet Mind, which details her experience with severe mania and depression, and Night Falls Fast: Understanding Suicide, providing historical, religious, and cultural responses to suicide, as well as the relationship between mental illness and suicide.

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