



# The Pits and the Pendulum: A Life with Bipolar Disorder

*Brian Adams*

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## **The Pits and the Pendulum: A Life with Bipolar Disorder** Brian Adams

Spending a week doing nothing but exploring the possibilities of Lego, thereby risking yet another job; impulsively sinking all his savings into wildly impractical self-employment ventures; sleepless nights, gripped by the need to write - these are just some manifestations of the often damaging periods of manic, uninhibited energy Brian Adams has experienced since his mid-twenties. But as a sufferer of bipolar disorder (also known as manic depression), he has been hospitalized several times with debilitating depression and undergone electric shock treatment, numerous drug therapies and even gone so far as to attempt to take his own life.

This engaging, humorous, sometimes dark and sometimes startling account gives rich insight into how it feels to live with bipolar disorder. It is illuminating, and entertaining, reading for people with mental health problems, their families and professional carers.

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In this period of time globalization it is important to someone to receive information. The information will make a professional 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. The actual book that recommended to you personally is The Pits and the Pendulum: A Life with Bipolar Disorder this book consist a lot of the information on the condition of this world now. This particular book was represented so why is the world has grown up. The dialect styles that writer value to explain it is easy to understand. Often the writer made some analysis when he makes this book. Here is why this book ideal all of you.

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