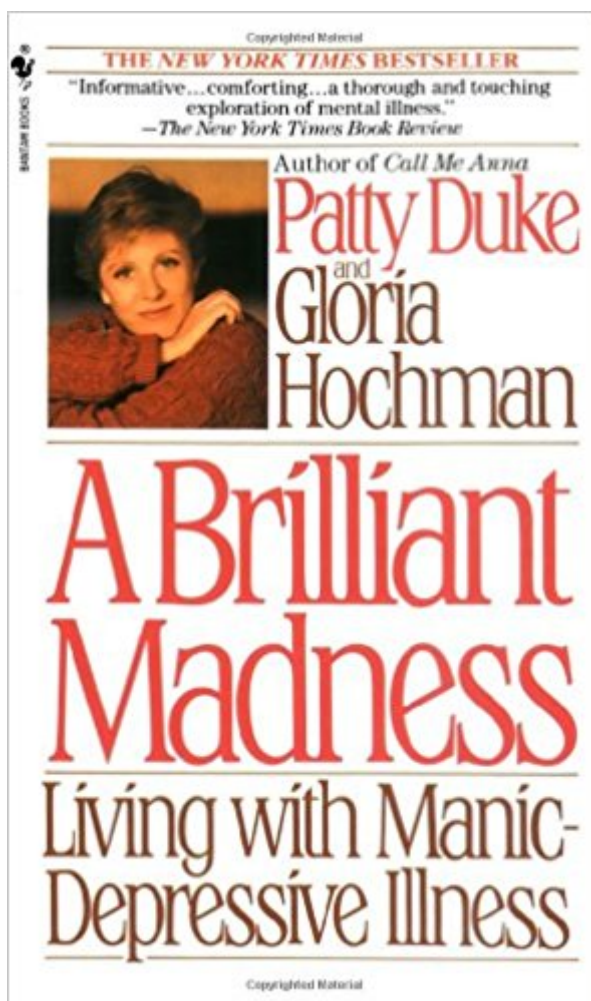


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# Brilliant Madness: Living With Manic Depressive Illness



## Synopsis

In her revealing bestseller *Call Me Anna*, Patty Duke shared her long-kept secret: the talented, Oscar-winning actress who won our hearts on *The Patty Duke Show* was suffering from a serious-but-treatable-mental illness called manic depression. For nearly twenty years, until she was correctly diagnosed at age thirty-five, she careened between periods of extreme euphoria and debilitating depression, prone to delusions and panic attacks, temper tantrums, spending sprees, and suicide attempts. Now in *A Brilliant Madness* Patty Duke joins with medical reporter Gloria Hochman to shed light on this powerful, paradoxical, and destructive illness. From what it's like to live with manic-depressive disorder to the latest findings on its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And though Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them.

## Book Information

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## Customer Reviews

In this groundbreaking guide for those who are manic depressive or who live with or love someone who is, actress Duke ( *Call Me Anna* ), a spokeswoman for the National Institute of Mental Health, tells the harrowing story of her illness and her long road to recovery. After a lifetime of emotional turbulence, including three divorces and years of unsuccessful therapies, Duke found her own "wonder drug": lithium. Interspersed throughout her personal account are chapters that give the

latest information about manic-depressive illness, its many forms and the various treatments for it, as documented by Hochman ( *Adult Children of Divorce* ). Also included is advice on what families can do to cope and a list of resources for the mentally ill, including organizations that care for them. A chapter examines the connection between creativity and manic depression, drawing examples from music, politics and business. An informative, readable volume. Copyright 1992 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Duke tells the story of her manic-depressive illness and its successful treatment, while in alternating chapters medical-writer Hochman (*Heart Bypass*, 1982) explains the facts of the disease and the methods of treatment currently available. Duke's strange and unhappy childhood was chronicled in *Call Me Anna*, and is touched on here only to show how fundamentally unloved and rejected she felt. Her manic-depressive disorder began to manifest itself when she was a young woman living in Hollywood, at the peak of her career, starring in *The Patty Duke Show*. As the illness escalated, her life degenerated into frequent suicide attempts, drug dependency, wrecked relationships, tantrums on the set. She began hallucinating and engaging in bizarre behavior like holding parties in her motel room for hordes of strangers (one of whom she married after a few hours' acquaintance) and hiring two guys she met in a parking lot to manage her finances (with results that can be imagined). Finally, her illness was diagnosed and successfully treated with lithium, which she takes to this day and to which, she says, she owes her present stable, happy marriage and her very life. Hochman provides information on the various forms of depression and the various guises that bipolar (manic-depressive) illness can take, identifies people at risk for these diseases, discusses the link between manic-depressive disorder and creativity, and surveys medical treatments and family-support techniques that can help the sufferer. The tone seesaws between the lurid and the dry, depending on whether Duke or Hochman is writing. But despite its gracelessness, this memoir has merit: Duke shows bravery in telling her story in all its humiliating fragrance, and undoubtedly sufferers from this puzzling and devastating disease will find help in the explanations and resources Hochman diligently provides. -- Copyright ©1992, Kirkus Associates, LP. All rights reserved. --This text refers to the Hardcover edition.

A brilliant madness ; living with manic depressive illness is a great book ! It gives Patty Dukes story of her out illness , throughout her life . Plus it gives very bit and formative scientific information for anyone who needs to understand manic-depressive or bipolar illness . I recommend it I will be back as well as her book call me Anna, which is more just about her experiences and her life story but is

also a great read ! Highly recommend both books especially a brilliant madness if you have someone you need to understand or you need to understand your own illness!! I have manic-depression and when I first found out the doctors couldn't Things to me and words that I could understand. This book put it all into words that I could understand so , I'll learn to understand my illness a whole lot better from reading this book ! ! Highly recommend ! ! ! It is also entertaining !

I love Patty Duke and remember her acting in the Patty Duke Show, Helen Keller, Valley of the Dolls, etc. Never knew she had such temper tantrums and was extremely difficult to be around due to her Bipolar Disorder. Was also saddened to learn her mom had mental illnesses as well and Patty was isolated from her family due to her acting career. The chapters in the book alternate between Patty recanting her life and a mental health professional talking about Bipolar Disorder and mental health in general. I learned plenty about the illness and understand why many people go through life with highs and lows in their moods. I thought the book was very interesting and am looking forward to reading Patty Duke's Call Me Anna.

When I was diagnosed with Bipolar Disorder, it was scary. Years earlier I heard the Patty Duke came out and said she was bipolar. The day I bought this book my husband at the time sat down and I sat looking at the book. Finally I picked up the book and started reading out loud. We both would just look at each everytime we saw myself in this book. In away I was relieved I wasn't alone with the disorder. I didn't feel all alone. My husband at the time stayed with me for awhile. I made the mistake of telling people, some were understanding some thought it was BS. It left me feel like damaged goods. I take 5 different medications. I have learned not to tell people. I recommend you do the same. The disorder caused me to leave my job which I was paid very well. I now live on SSI, and what I get paid for a month I used to make every week.If you decide this book Patty is very open and it is helpful.

This is a great read for all people with mood disorders but mostly about bipolar. This was A story of Patty Dukes struggle for with bipolar but it was also very educational for others who struggle with this disorder. I learned a lot from this book about my own struggles.

I am a psychiatric nurse. I have worked in the field for 7 years now, both state facilities and acute hospitals. This is the best source of reference I have found that explains bipolar disease from both the patient's perspective and for the professional to understand the patient's outlook. I think it should

be required reading in nursing school. When I was in nursing school, the subject was never given as much detail as I received when I read this book. I attended a seminar a month ago and the keynote speaker was a person that has bipolar disease. He discussed his disease and how it has affect his life. It was enlightening to see and hear him. I bought his book and then remembered that Patty Duke also had the disease;which lead me to search on this website for her book. Patty's book picked up and filled in the details for me.Even though her book was written 20 years ago the information is still relevant today. I highly recommend this book to all to read and add to their library.

Patty Duke does a magnificent job at illustrating Manic Depressive (Bipolar) Disorder. If you yourself struggle with being bipolar or you know someone who does, this book is a great source to encourage, inspire, and transform the way one view's life. Millions of people struggle with being bipolar and these millions of people are faced with sorrow, trials, and tribulations that are like no other. It's comforting to read Patty Duke's story because it proves that we are never alone. Patty Duke's honesty is viewed by me as both courageous and heroic. I would recommend this book to anyone. I found a used copy for almost nothing on and the book arrived, in good condition, at my home just seven days after I placed the order.

I have always been fascinated with the etiology of mental illness. This book is a fascinating read melding together the history of Patty Duke's manic depression and the medical research and studies associated with the condition. It is an eye-opener and assists in giving people a deeper understanding of why sometimes difficult people act the way that they do and the different ways in which this affliction manifests itself. This is an especially interesting and informative read for those who are manic depressive (bi-polar) and/or those people that surround them. The good news is that there is help for this condition if the patient is willing to accept it. Very interesting book indeed.

An eye-opening book that has always been one of the best (and the first) book by a Hollywood star who had the courage to share her heartwrenching experiences with bipolar disorder. I would recommend it to anyone who has the disorder, or has a family member who is struggling with the stigma surrounding this highly misunderstood medical diagnosis.

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