



# 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

Writing a prize-winning play, spending a week doing nothing but build Lego constructions, and sinking all his savings into wildly impractical money-making schemes - these are just some results of the periods of intense creative energy Brian Adams has experienced throughout his adult life. As a sufferer of bipolar disorder, Brian Adams has been hospitalized several times with debilitating depression and undergone electric shock treatment, and gained and lost 11 jobs. This account provides an insight into how it feels to experience bipolar disorder.

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