



A Detour Of Mind

Gary J F Spence

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Lucid, evocative and powerful. Bipolar disorder takes Gary by surprise following his retirement. He finds himself descending into a deep dark place where he relives events of his past, including those of his mother and maternal grandfather, as he tries to make sense of what he is experiencing. As a result of there being a strong family history of bipolar disorder, the writer learnt as much as he could about the condition by working in the field in an attempt to overcome the condition should he succumb and fall victim to it. We find ourselves sharing his desperation and despair, his triumphs and failures and rejoice as he sees the light and works his way towards it. It's not a handbook, but it should be compulsory reading for anyone entering the mental health field and a must for those with bipolar disorder. Eminently readable.

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