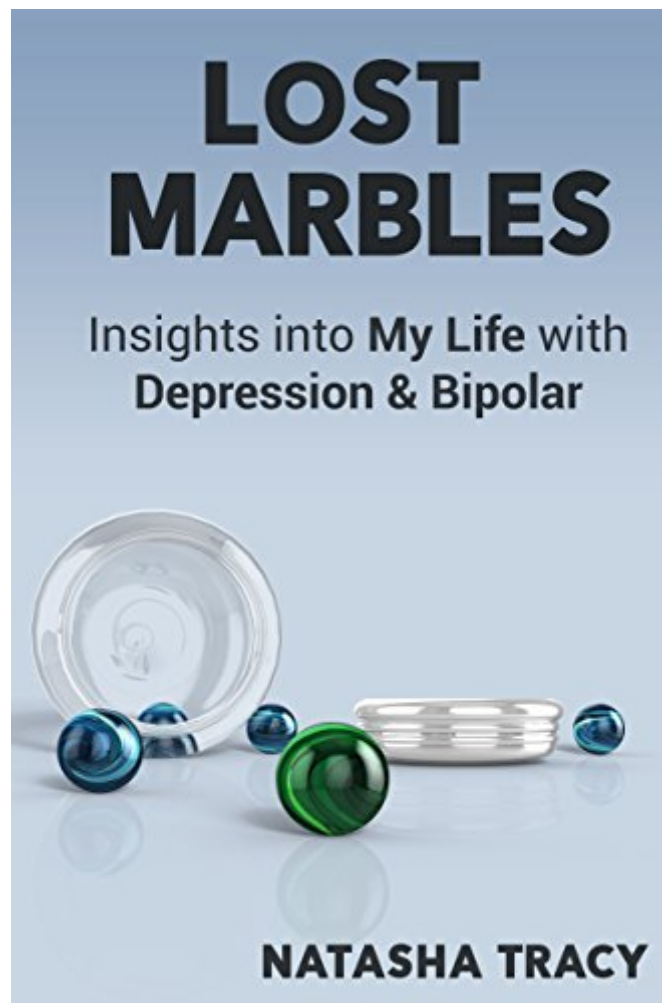




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# Lost Marbles: Insights Into My Life With Depression & Bipolar



## Synopsis

Understanding what it's truly like to live with bipolar disorder or depression is almost impossible if you haven't experienced it; and yet, that's what *Lost Marbles: Insights into My Life with Depression and Bipolar* does. It shows the unvarnished reality of living with a serious mental illness to help the mentally ill and those who love them understand the inner workings and how to fight these complex disorders. *Lost Marbles* straddles the line between self-help and memoir detailing real-life experiences that drive tips that work when life includes a mental illness. Improve your life or the life of a person you love with informative and experienced, new takes on: Thinking like a person with bipolar or depression What the elevated mood of bipolar disorder feels like Medication issues, including detailed information on choosing (or not choosing) a specific medication The realities of suicide and suicide attempts How to live better with a serious mental illness How dealing with mental illness encourages a form of wisdom Called a book that will "certainly save lives," whether you have a mental illness or you love someone who does, *Lost Marbles* will help you fathom the seemingly-impossible world of bipolar or depressive disorder and arm you with the tools to improve quality of life.

## Book Information

File Size: 1421 KB

Print Length: 253 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 2, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01M1BPO8O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #65,527 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

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## Customer Reviews

Natasha's book is informative, well researched and transparent about her own bipolar and depressive disorder. She provides plenty of links to her research, explains the symptoms of each condition and discusses the manifestations of her own symptoms, leaving room for the individual experiences of those of us whose experience with these illnesses have taken a slightly different turn. Natasha also provides management and coping skills in clear ways to us and those of our family in ways that help us communicate about it perhaps for the first time. I highly recommend this book to those living with bipolar and depressive disorder, and to those family members of those coping with these disorders.

Natasha Tracy gives a clear voice to a life with serious mental illness. From people who don't have an SMI, I usually hear platitudes, ignorance, and misunderstanding. In media, bipolar disorder is often trivialized, misrepresented, and made into a joke. Living with bipolar day in and day out is no joke. The book is well-researched. In addition to revealing the kinds of struggles those with bipolar or major depression face daily, Natasha discusses treatment and coping devices. She lays out the gritty details without sugar-coating, yet with hope and great determination. She is a light in a dark, lonely place. I have felt much less alone through reading this book and her blog. I have also adopted some of the coping techniques mentioned that I didn't already know. I recommend this book to anyone with either of these mental illnesses, and to anyone who wants to understand the illnesses and the people who face the constant, dire struggle of living with them. Thank you for your great work, Natasha!

A very good book. I especially liked the part about how people with bipolar think, as someone with bipolar, it helps me see the differences between my thinking and thinking by "normal" people. It also contains the best descriptions of thought distortions I've ever read, and the rest of the book lives up to these sections.

Fantastic read. As I also live with treatment-resistant bipolar 1, I can attest that Natasha's account is accurate. Her honesty is refreshing having dealt with Doctor's that made me feel like I failed when treatments didn't work. Thank you for the honesty, Natasha. Thank you for taking the time and

having the presence of mind to see the illness for what it is, and to being committed to living as fully as possible. I have read the ebook but will be purchasing a hard copy to share with my family.

I order quite a few books, but have never reviews them. I wish when I was diagnosed 15 years ago with Bipolar 1- this book would have been there for me. I thought I had a malignant tumor or retarded. This book is the most comprehensive information on a disorder that I can only compare to hell. For anyone just diagnosed- this should be the first book you read prior to Kay Redfield Jamison; they should be 1st and 2nd in your bookcase. Sure, there are 100s of books on Bipolar- how many actually live the disorder and use most of their .time researching information to help all of us- she deserves all awards she has won. Many times I have internalized questions- maybe inappropriate- she makes me understand I am not alone with my thoughts. If you, a family member or Medical student, in psychiatry or not- ( the only way stigma can be broken is through education) this book rates right up there with An Unquiet Mind. My only question is why she doesn't write for BP magazine. Thank you - you have helped me 3 fold!!!

I love this book. I have Bipolar Disorder and Natasha's excellent book, Lost Marbles, has helped me so very, very much. This book is helping me on an ongoing basis. I recommend it to anyone with Bipolar Disorder or Major Depression and their friends and family members, plus to any mental health professionals and to the General Public. I give the rating as EXCELLENT.

So glad I found this book! I highly recommend it to anyone who has a mental illness, knows someone who has or may have a mental illness, wants to understand bipolar or major depression better, and professionals who work with mental illness. I had no idea how new this book was when I found it and ordered it. Absolutely amazing, easy to read writing, Natasha. So many profound insights. Exactly what I needed- thank you. And most of all thank you for HOPE...

This is a must read book if you, a loved one, co-worker, or a casual friend suffer from the debilitating effects of Bipolar disease. Ms. Tracy has done a superb job in describing in great detail how to cope with the unpredictability of this mental illness. Clearly not dismissive of the seriousness of the effects, she is still leaves the reader with hope that a Bipolar sufferer, and their family, can still lead productive lives and she provides tools to help cope when the frequent and always unpredictable crisis situations that arise. Before reading, I felt like there was no hope for my daughter and that my wife and I would spend the remainder of our lives on pins and needles reacting to one incident after

another, and trying to come up with a plan to provide for her as her primary caregiver, while also stepping in and parenting her two children (at least that was how we thought it would play out). I'm not saying that the book cured all of our problems, but it did give us resources and tools that we've successfully employed which have helped us to be more proactive, resulting in a much lower stress level for all involved.

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