

Detour My Bipolar Road Trip In 4 D

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Detour My Bipolar Road Trip

Part road trip, part love story, Detour is a fast-paced, enduring memoir that demystifies mental illness while it embraces the universally human struggle to become whole. Read more Read less Inspire a love of reading with Prime Book Box for Kids

Detour: My Bipolar Road Trip in 4-D: Simon, Lizzie ...

To present Detour as one woman's journey to present a cross-section of other individual struggles with bipolar and a search for commonality across the U.S. would be a wretched disservice to the book. (In fairness to the author, about 3/4 of the way thro As a memoir of self-discovery and mental illness, Detour is a stand-out in the genre, better by far than Marya Hornbacher's maddening and self-indulgent Madness .

Detour: My Bipolar Road Trip in 4-D by Lizzie Simon

Detour is the extraordinary first book by Lizzie Simon, a twenty-three-year-old woman with bipolar disorder. We meet her as she is set to abandon her successful career as a theatrical producer in New York City, with plans to hit the road and find other bipolars like herself -- young, ambitious, opinionated, and truth-seeking.

Detour: My Bipolar Road Trip in 4-D: Simon, Lizzie ...

A finely wrought memoir of mental health, Detourtakes a genre explored by Susanna Kaysen and Kay Redfield Jamison and propels it in a revelatory and rebellious new direction. Detouris the extraordinary first book by Lizzie Simon, a twenty-three-year-old woman with bipolar disorder. We meet her as she is set to abandon her successful career as a theatrical producer in New York City, with plans to hit the road and find other bipolars like herself -- young, ambitious, opinionated, and truth ...

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Amazon.com: Detour: My Bipolar Road Trip in 4-D eBook ...

So Lizzie hits the road, hoping to find "a herd of her own." Along the way she finds romance and madness, survivors and sufferers, and, somewhere between the lanes, herself. Part road trip, part love story, Detour is a fast-paced, enduring memoir that demystifies mental illness while it embraces the universally human struggle to become whole.

Detour: My Bipolar Road Trip in 4-D by Lizzie Simon ...

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Detour: My Bipolar Road Trip in 4-D: Simon, Lizzie ...

From the outside Lizzie Simon had everything: friends, loving family, ivy-league education, coveted career as a theater producer, yet she still felt lonely and misunderstood. Detour is a road trip of sorts... "along the way she finds romance and madness, survivors and sufferers, and, somewhere between the lanes, herself."

10 Must-Read Memoirs From People With Bipolar Disorder ...

Detour began another part of her journey with this illness. She interviewed six other young successful people with bipolar disorder all between ages 16 and 30 chronicling their stories and asking them for advice on how they cope and deal with parents, coworkers, teachers, and friends.

Amazon.com: Customer reviews: Detour: My Bipolar Road Trip ...

DETOUR. My Bipolar Road Trip in 4-D. by Lizzie Simon. BUY NOW FROM. AMAZON BARNES & NOBLE GET WEEKLY BOOK RECOMMENDATIONS: Email Address Subscribe Tweet. KIRKUS REVIEW. A cross-country road trip—mostly lucid, sometimes scary: the bipolar Simon interviews other bipolar people who have been successfully treated and now lead highly functional ...

DETOUR by Lizzie Simon | Kirkus Reviews

Detour : my bipolar road trip in 4-D. [Lizzie Simon] -- Detour is a wild ride of a coming of age, soul-searching story, with a psychiatric twist. It's about a cross country road trip the now twenty-five year-old author took interviewing other young, ...

Detour : my bipolar road trip in 4-D (Book, 2002 ...

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Detour : My Bipolar Road Trip in 4-D by Lizzie Simon (2002 ...

My name is Lizzie Simmon. I'm the author of Detour, My Bipolar Road Trip in 4-D and I live with bipolar disorder. For me, exercise really helps me manage my moods; even though I'm on treatment I do...

WebMD Video Exercise and Bipolar

I waited until the end of my stay in Tehran to pick up my rental car as the locals' driving style is horrifying at best. The subway is the best way to move around town and only costs 10.000 rials per trip, that's roughly 0.07€. But after 3 days spent in the capital, it's now time to start exploring the rest of the country.

Exploring Iran in a Peugeot Pars - Part 1/5: Tehran - Best ...

My guide on the road trip, which was the majority of my journey, was exceptional at driving and dealing with all of the crazy encounters we had with other drivers, pedestrians and situations. We even had to deal with a strike that left gas stations with no fuel at the pumps while driving in what for me was the desert.

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