

Bipolar Disorder: new book charts one man's battle

Submitted by: Playtime PR

Wednesday, 3 June 2009

LIVING WITH BIPOLAR DISORDER

- New book explores the life of a man coping with Bipolar -

"My Life as a Mood Swinger" is the autobiographical tale of Clive Wild, a man who has battled Bipolar Disorder for more than half of his life. The book explores his chaotic personal life, the events which triggered his manic episodes and the disruptive impact the illness had on friends and family.

Hoping that the book will help other sufferers deal with the frequently misunderstood disorder, Clive talks frankly about being locked in a mental ward before diagnosis, his stop/start use of medication to control the condition, his numerous failed relationships and the deep depression which ultimately led him to attempt suicide in 1997. His battles with Bipolar Disorder span more than 25 years and have taken him all over the world, from the UK to America, Saudi to Singapore, seeking a remedy through research, work and love. He once spent five months living on the jungle's edge in Mexico, attempting to dry out from a collection of psychiatric drugs.

Comments Clive, "Now that I'm mostly in control of my illness, I wanted to find a way of reaching out to those still isolated by the disorder. I'm at a stage in my life where I'm more positive than ever and I feel that my insights and experiences can benefit others who feel they have nowhere left to turn. Writing the book has been a genuinely refreshing and therapeutic task for me: I've found a certain respect for Bipolar, despite the roller-coaster life I've been dealt by its hand. I want to demonstrate that Bipolar doesn't have to define the sufferer. It is possible to live with the illness and lead a productive life. More than anything, it takes a commitment to being healthy."

My Life as a Mood Swinger is a captivating read for sufferers of Bipolar Disorder, those struggling to support a friend or family member affected by the illness, mental health professionals, mental health students and other health professionals. Filled with unique first-person insight and full colour photographs of Clive taken throughout his battle, the book is a must for anyone touched by Bipolar.

The book is on sale now at <http://www.clivewild.webs.com> and at Amazon.co.uk, priced £14.

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For further information:

For all press enquiries, please contact Lesley Singleton at LS Media on 01234 752 663 / 07852 451 093 or email Lesley@lsmedia.co.uk.

Notes to editors:

"My Life as a Mood Swinger" is available to buy now

Price: £18

Publisher: Xlibris

Specifications: Square 21.6 x 21.6 x 0.5cm, 70 pages

ISBN: 1-4415-2476-2

About the author:

Clive Wild is 59 and lives in Warwick, UK. He has worked all over the world in the IT sector and has battled Bipolar Disorder for 27 years. He led an orthodox but controlled life until the age of 18 and grew to be a shy, reclusive character. His university years brought some joy, but the shyness continued into his twenties and he had no girlfriend by the time he was 32. He made a brave decision to work in Saudi Arabia, during which time, Clive had back surgery – this triggered his first manic episode and led to him being locked in a mental ward. He returned to England but later worked in the USA for fifteen years.

In LA, he sought a diagnosis and finally found one after a three-month search. He had moved to LA with his future first wife (whom he later divorced). He also met his second wife in LA, who he married, divorced and remarried.

Clive eventually returned to England and tried to find work. The stress became too much and he opted for early retirement after his mother passed away in 2007. He now lives alone in a small flat in his home town. Most of his friends are in cyberspace. Despite all this, he has never been more positive and hopeful for the future.

About Bipolar Disorder:

Bipolar Disorder is a psychiatric diagnosis describing a category of mood disorders. These are defined by one or multiple episodes of abnormally elevated moods, clinically referred to as mania. There are many sufferers who only experience depressed moods, or at least predominantly depressed. The depressed mood swings are often experienced on a very predictable cycle. Manic episodes are more often triggered by life events, both good and bad. On most occasions, staying on medication will prevent the episodes. Some unlucky people will suffer mood swings regardless. If a manic episode is not ended in a good way, the result can be a resultant depression.

Those who experience manic episodes also tend to experience depressive episodes or symptoms, or mixed episodes of both mania and depression. Extreme manic episodes can sometimes lead to psychotic symptoms such as delusions and hallucinations.