



Mind Gone Awry - A Bipolar Recovery

Donald Kern

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Mind Gone Awry - A Bipolar Recovery, describes the first signs of the author's bipolar disorder. It discusses his resistance to facing what was happening to him, to ultimately accepting that he had a mental illness. Finally seeking and accepting help, Donald Kern underscores the case for psychiatric intervention and medication, as well as psychological support. "Mind Gone Awry - A Bipolar Recovery," is an intimate story of how he coped with mental illness. It is not a guide, but rather the story of a 24-year journey from psychosis to health. From the author's story, the reader will learn tips on coping with mental illness. Donald Kern is a psychotherapist who also has bipolar disorder.

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