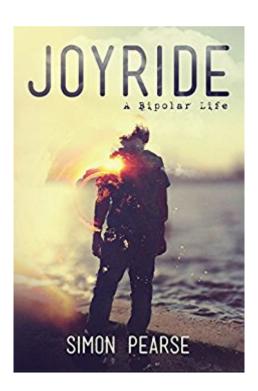


## The book was found

# Joyride: A Bipolar Life





### **Synopsis**

Meet Si, a young man coming of age in apartheid-era South Africa. Si is juggling family, friends, and girls  $\tilde{A}$   $\phi$   $\hat{a}$  but he must also figure out how to manage the demands of Andrew and Benson.  $\tilde{A}$   $\phi$   $\hat{a}$   $\varphi$   $\hat{a}$   $\varphi$  and  $\tilde{A}$   $\phi$   $\hat{a}$   $\varphi$   $\varphi$  and  $\tilde{A}$   $\varphi$   $\varphi$   $\varphi$   $\varphi$  and  $\tilde{A}$   $\varphi$   $\varphi$   $\varphi$   $\varphi$   $\varphi$  are the manifestations of Si  $\tilde{A}$   $\varphi$   $\varphi$   $\varphi$  undiagnosed bipolar disorder. Andrew, a devil-may-care bloke, is what Si has dubbed his manic moods. People enjoy being around Andrew for the thrills, but he  $\tilde{A}$   $\varphi$   $\varphi$   $\varphi$  unable to form any deep attachments, which can be off-putting. Benson, on the other hand, represents Si  $\tilde{A}$   $\varphi$   $\varphi$   $\varphi$  darkest days. In this fascinating account, Si recounts his journey to diagnosis and treatment for bipolar disorder, sharing his experiences in a relatable, entertaining way in the hope that his readers will come to a better understanding of this mental illness and develop more patience with those who may be wrestling with a formidable challenge. Joyride does not heap blame or shame; instead, it dispenses a dose of reality and offers those who may be feeling isolated the consolation that they are not alone in their struggle.

#### Book Information

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#### **Customer Reviews**

An honest and intimate journey into the mind and philosophy of a person diagnosed with bipolar

disorder. If you want a little understanding of the wrangles of a bipolar mind, it is a must read.

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