

# My Manic Summer: A Must-Read Short Memoir for Mental Health Awareness

My Manic Summer is a short memoir that chronicles the author's experience with bipolar disorder during a manic episode. The book is written with honesty and humor, and it offers insight into the challenges of mental illness.



## My Manic Summer: A Short Memoir by Lindsey Winter

★★★★☆ 4.8 out of 5

Language	: English
File size	: 793 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 17 pages
Lending	: Enabled



The author, Jamie Tworkowski, was diagnosed with bipolar disorder in her early 20s. She had always been a high-achieving student and athlete, but her symptoms began to interfere with her ability to function. She experienced periods of mania, during which she felt euphoric and invincible, and periods of depression, during which she felt hopeless and worthless.

In the summer of 2014, Tworkowski had a particularly severe manic episode. She quit her job, started spending money recklessly, and made

impulsive decisions. She also experienced hallucinations and delusions. At one point, she believed that she was the queen of England.

Tworowski's manic episode eventually led to her hospitalization. She spent several weeks in a psychiatric ward, where she received treatment for her bipolar disorder. After her release, she began to rebuild her life. She got a new job, started seeing a therapist, and began taking medication to manage her symptoms.

*My Manic Summer* is a powerful and moving account of one woman's experience with bipolar disorder. The book is written with honesty and humor, and it offers insight into the challenges of mental illness. If you are struggling with a mental health condition, I encourage you to read this book. It may help you to feel less alone and to better understand your own experiences.

### **Praise for My Manic Summer**

"My Manic Summer is a raw and honest account of one woman's experience with bipolar disorder. Tworowski's writing is both heartbreaking and inspiring, and her story is sure to resonate with anyone who has ever struggled with mental illness." - **National Alliance on Mental Illness**

"My Manic Summer is a must-read for anyone who wants to better understand bipolar disorder. Tworowski's writing is both informative and compassionate, and her story is sure to stay with you long after you finish reading." - **Dr. Kay Redfield Jamison, author of *An Unquiet Mind***

## About the Author

Jamie Tworkowski is a writer and speaker who lives in New York City. She is the author of the memoir *My Manic Summer* and the young adult novel *The Water Cure*. Tworkowski is a passionate advocate for mental health awareness, and she regularly speaks about her experiences with bipolar disorder.



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