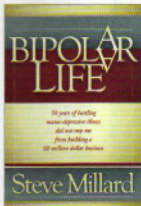


# bookshelf

## Bipolar Life 50 Years of Battling C-Depressive Illness Did Not Stop Me Building a 60 Million Dollar Business

by Steve Millard  
with James Publishing, 2011)  
Edited by Janice Arenafsky

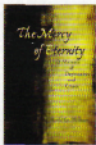
Millard diagnosed in the early 1960s as schizophrenic—a label swiftly denied by the then recent college grad—Millard chucked his dream of being a fighter pilot and settled for a job as a fighter controller with the Air Force's 44th National Guard, sometimes receiving psychiatric care for depression, and panic attacks. A few years later, while in New England, Millard hid his symptoms at a largely unsupervised job as a sales-based *Reader's Digest* sales job and “toughed it out.” But a career change triggered mania, a psychotic break and suicidal depression. Millard sought help from Recovery Inc. meetings, which along with self-help books, aided him in coordinating direct marketing at Harcourt and then catalog companies Orvis and Brookstone. At the time, diagnosed with bipolar and energized by hypomania, Millard led his own successful marketing and list management business. *Bipolar Life* excels as both a memoir of psychological hardship and an autobiography of an ambitious entrepreneur. Millard addresses the themes of stigma and stigmatization, and offers valuable tips for recovery, while telling the story of how he built a company worth \$60 million on his retirement. You may learn more than you want to about list management, but never shortchanges his illness, crediting Recovery Inc with mainstreaming cognitive behavioral therapy, and praising his psychiatrist for forming a trusting relationship.



## The Mercy of Eternity A Memoir of Depression and Grace

By Eric G. Wilson  
(Northwestern University Press, 2010)  
Reviewed by Janice Arenafsky

Wake Forest University professor of English Eric G. Wilson blends the literary with the meditative in an intelligent and moving memoir about the author's many-sided approach to his own mental illness. Emerging from a middle-class childhood marked by high expectations and “anxious perfectionism,” and bound for West Point as a model student and gifted athlete, Wilson detours down a different path, tormented by self-destructive behaviors and an inability to connect with others that even an eventual university faculty appointment and marriage fail to relieve. Once his struggle with “limbo’s listlessness” is named *bipolar II and properly treated, he comes to appreciate not only himself and others, but life itself.*



Masterfully weaving in the writings of poets and thinkers from Emerson to Randall, Wilson finds solace in “fellow travelers” along his passage from despair to “grace.”



### 2011 MOOD ORGANIZER

MRS. CHADT  
(Createspace, 2010)

A useful tool, designed to easily and efficiently chart your behaviors and feelings and help you regulate daily routines, develop healthy habits and identify patterns that affect your mood.



### A CAN OF MADNESS

Jason Pegler  
(Chippunkapublishing, 2009)

A moving, candid account of one man's pain going through hell and back with mania and depression. This read can't help but arouse compassion and greater understanding of something so little understood.



### WORKING ON WELLNESS

Karl Shaliohwan  
(Chippunkapublishing, 2010)

This manual on recovery, by a mental health clinician and recovering addict who has lived with bipolar for 3 decades, explores the connection between mind and body and “living in the spirit of faith.”