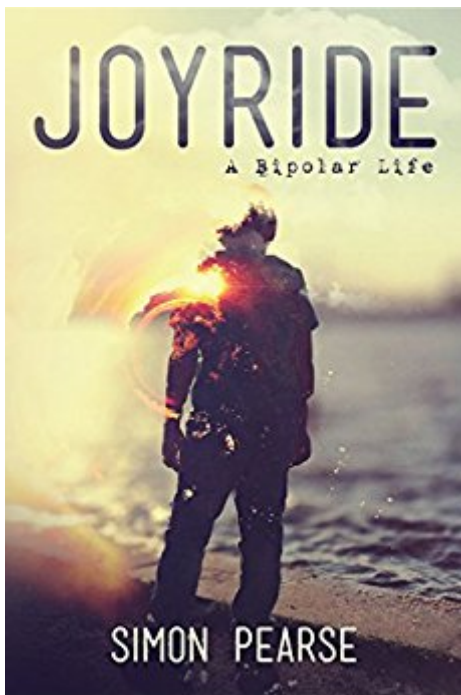


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Joyride: A Bipolar Life



Synopsis

Meet Si, a young man coming of age in apartheid-era South Africa. Si is juggling family, friends, and girlsâ but he must also figure out how to manage the demands of Andrew and Benson.â œAndrewâ • and â œBensonâ • are the manifestations of Siâ ™s 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 heâ ™s unable to form any deep attachments, which can be off-putting. Benson, on the other hand, represents Siâ ™s 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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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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