



Life on a Rollercoaster: Living with Depression

Madeleine Kelly

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Life on a Roller-Coaster is an encouraging and empowering resource for anyone who lives with manic-depression, whether they're on the roller-coaster or watching from the ground. Madeleine Kelly developed manic depression in her final year of medicine. When finally diagnosed she set about learning as much as she could about her illness to help herself and others. This book is a funny, challenging and practical book to help sufferers and their families lead fulfilled lives. Manic Depression and its more common cousin depression, are painful patterns of exaggerated, mood and altered behaviour and thinking that can be devastating and fatal. However, as Madeleine Kelly shows, sufferers can learn to rebuild their lives and prevent the disastrous consequences of future episodes. Madeleine Kelly presents detailed, easy to understand medical information and practical advice on: Recovering from crisis; Getting the best and avoiding the worst treatment; Protecting your well-being, work, education, relationships and money; Using your brakes to stop mood shifts before it's too late, and discover how to enjoy the ride!

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