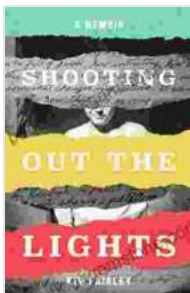


# Shooting Out the Lights: A Memoir of Surviving Bipolar Disorder

In her powerful and moving memoir, *Shooting Out the Lights*, Lisa Genova tells the story of her struggle with bipolar disorder. With raw honesty and unflinching detail, Genova chronicles her years of debilitating illness, desperate attempts to find treatment, and the eventual triumph over madness that allowed her to reclaim her life.

Genova's journey begins in her early twenties, when she begins to experience episodes of extreme mania and depression. At first, she dismisses these episodes as mere mood swings, but they soon begin to take over her life. She loses her job, her relationships, and her sense of self. Desperate for help, Genova seeks treatment from a series of therapists and psychiatrists, but nothing seems to work. She is misdiagnosed, overmedicated, and left feeling hopeless.



## Shooting Out the Lights: A Memoir by Kim Fairley

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2924 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 321 pages

FREE

DOWNLOAD E-BOOK



Just when Genova is about to give up, she meets Dr. David A. Kupfer, a renowned psychiatrist who specializes in bipolar disorder. Kupfer correctly diagnoses Genova and prescribes a combination of medication and therapy that finally brings her symptoms under control. With Kupfer's help, Genova is able to rebuild her life. She goes back to school, gets a new job, and starts a family. She also becomes an advocate for mental health awareness, speaking out about her experiences in the hopes of helping others who are struggling with mental illness.

Shooting Out the Lights is a powerful and inspiring story of survival and hope. Genova's memoir is a must-read for anyone who has ever been touched by mental illness. It is a reminder that even the darkest of times can be overcome with the right help and support.

Here is an excerpt from Shooting Out the Lights:



***“I was twenty-two years old when I first experienced the symptoms of bipolar disorder. I had always been a happy-go-lucky person, but suddenly I felt like a dark cloud had descended over me. I couldn't concentrate, I couldn't sleep, and I was constantly anxious. I started to have racing thoughts and I became convinced that I was going to die. I was so scared that I went to the emergency room, where I was diagnosed with bipolar disorder.***

***The next few years were a blur of mania and depression. I would go from feeling on top of the world to feeling like I was the worst person in the world. I lost my job, my relationships,***

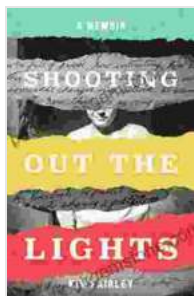
***and my sense of self. I was hospitalized several times and I even attempted suicide. I felt like I was trapped in a living hell.***

***Finally, I met Dr. David A. Kupfer, a renowned psychiatrist who specializes in bipolar disorder. Kupfer correctly diagnosed me and prescribed a combination of medication and therapy that finally brought my symptoms under control. With Kupfer's help, I was able to rebuild my life. I went back to school, got a new job, and started a family. I also became an advocate for mental health awareness, speaking out about my experiences in the hopes of helping others who are struggling with mental illness.”***

If you or someone you know is struggling with mental illness, please know that there is help available. There is hope. With the right help and support, you can overcome your illness and reclaim your life.

## **Resources for Mental Health**

- National Alliance on Mental Illness (NAMI): [www.nami.org](http://www.nami.org)
- MentalHealth.gov: [www.mentalhealth.gov](http://www.mentalhealth.gov)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)



### **Shooting Out the Lights: A Memoir** by Kim Fairley

★★★★☆ 4.6 out of 5

Language : English

File size : 2924 KB

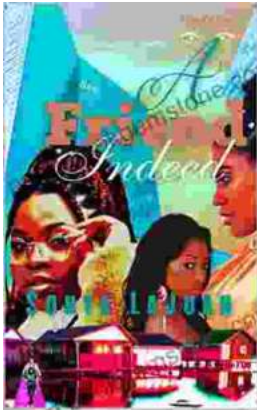
Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

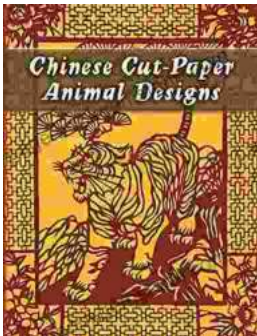
Word Wise : Enabled

Print length : 321 pages



## Friend Indeed One: A Comprehensive Guide to the Essential Companion

In the tapestry of human existence, friendship stands as an indispensable thread, connecting hearts and enriching lives. Friend Indeed One is a revolutionary platform that...



## Chinese Cut Paper Animal Designs: A Tapestry of Tradition and Symbolism

The art of Chinese cut paper animals is a captivating tradition that has graced Chinese culture for centuries. These intricate and vibrant...