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Split: A Life Of Madness



Synopsis

In the chaos of rapidly alternating moods, a suicidal drug and alcohol addiction, and the wreckage they both leave behind, how does a young woman find the path to a happy life and stay guided down it? This is not only an astounding look into the psychosis of mania and the distorted thinking of depression, but insight into the broken treatment system for mental illness in the United States and the taboo that prevents education that could save lives from being spread. Addiction memoirist Amy D. Brooks shares the unique struggles of managing a dual-diagnosis, detailing her experiences navigating sobriety while facing a severe mental illness and learning how to treat it. She fumbles over the basics of living life as an adult following rehabilitation from heroin addiction and alcoholism and becomes tortured by the looming and growing threat of intense moods that endanger the stability she manages to create in spite of her turbulent past.

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Customer Reviews

Then most real, honest story regarding mental illness, alcoholism, bipolar disorder and life. This is the most beneficial book I've ever read. I recommend it for EVERYONE, ESPECIALLY those involved in Any Way with these issues/illnesses. Most real and uplifting. Just profound. I'm 59..6.

Wish I had the to read 45 years ago, and read it every year. I am so in awe and proud of Amy D. Brooks. There Is Hope people. With results of untold joy in her memoir. Honest and real. J. Chase

I thought this book was very interesting. I found myself reading it very quickly, caught up in the frantic pace. Yes, this book is written in an urgent, pressured, frantic manner. Yes, it's "self indulgent". No, it's not the end all be all comprehensive description of "the bipolar experience" (which does not, will not, and can not even exist)... It's a memoir. It's the story of one girl's experience with mental illness, addiction, and eating disorder and the intertwining of it all. It's not supposed to be eloquent or clean or the way you think it should. It's the things that happened and it's filtered through the disorientation of the person who experienced it. It is very important to keep in mind when reading these sorts of books that everyone's experience with bipolar is different. There may be common threads here, but it's always very different. Also, adding in the comorbid alcoholism, drug abuse, men issues, etc. creates an even more individual and tormented experience. This book is not about everyone... it is about this one particular person. It's not pretty or polished but it feels raw and honest. As honest as it can be. I have not read all of Sociopath yet but one must also keep in mind that of course Sociopath is different... she wasn't even aware of the bipolar disorder at that time and the disorder had not matured into it's full state yet (which often happens in the early to mid-20's, where Sociopath ends). She had not been through all the psychotic breaks to follow and hospitalizations and sobriety, and was still strongly in denial about the extreme mental illness. This book is a different experience and a different perspective on the overlapping parts.

Wow! Absolutely a good read. Being a book based off real events, it is not only relatable but eye opening. We start at one place and end up several others without really understanding how. A surprise was the love story. So beautiful and sad. After reading this book, I hope nothing but the best.

As a professional in the psychological community, I believe this book to be one of the most honest depictions of mood disorders. It isn't dramatized or sensationalism in the least. It gives the real and gritty picture of confused and inadequate psychiatric care, especially for people in poverty. Ms. Brooks takes on the brave burden of "exposing" herself as mentally ill for the sole purpose of defying stereotypes about the mentally ill. Having seen this young woman speak, she is articulate and knowledgeable and obviously passionate about helping others. I'm sure this book will be part of

her success in accomplishing that.

Brave and compelling. A young working adult sharing her real life accounts of bipolar disorder, and her struggle to live a normal life, is not something you read about every day. The twists and turns through personal stories and adventures to the real life struggles and path to transformation is entertaining and heartfelt, even when it makes you cry or feel angry. You feel what it's like to be her, to live her life. It's very inspiring and hopefully will enlighten people about the internal struggles many of us face every day. I'm glad she was brave enough to share her story and I hope it will help people!

I read "My Name is Amelia, and I'm a Sociopath" first. It was exploitation and possibly fictitious, but it was also strikingly haunting. I thought about it for weeks, months, it's now been years. It was just a perfect glimpse into the mind of a drug addict. Hearing there was going to be another book got me very excited. I hoped to see that same intensely empathetic style brought to her struggle with mental illness, but not so much. There isn't much bad to say about this book. Yes, it is an excellent look at Bipolar I from a clinical standpoint. There are hard facts and sometimes tedious explanations of the difficulties of receiving psychiatric care for a young, uninsured, and financially struggling person. Yes, it talks a lot about sobriety and working a twelve step process to stay sober. But something was missing. It almost feels as if Amy felt like she had to stick to a script and make sure everything in this book somehow related to Bipolar Disorder and in doing that missed opportunities to discuss other stuff in her life that may have been more honest and interesting. The best chapters in the book are about her tragic love affair with a sweet but misguided sober man who she left for a narcissist because she felt unworthy of love and her descriptions of selling work in the literary industry. I don't regret reading this, it was an enjoyable read, but it won't have the same impact as "Sociopath" did.

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