

Hypoman

John D. Gartner

The Hypomaniac Edge John D. Gartner, 2008-06-23

Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner.

Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics—grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the

Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome, yet his arrogance made him despised by most of his scientific colleagues, even as he spurred them on to make great discoveries. While these men are extraordinary examples, Gartner argues that many Americans have inherited the genes that have made them the most successful citizens in the world.

The Hypomania Handbook Christopher M. Doran, 2008
This practical, clinically oriented handbook provides up-to-date information on the concept, causality, diagnosis, and pharmacologic and behavioral treatment of hypomania, an increasingly recognized stage of bipolar illness often referred to as elevated mood. The first section traces the evolution of the concept of elevated mood, including the bipolar spectrum model and the GENES fingerprint, a new model for understanding the role of both neurocellular and environmental factors in mood disorders. Subsequent sections address diagnostic issues, provide evidence-based treatment recommendations, and discuss the management of symptoms, populations, and comorbid conditions that pose special challenges. An appendix lists Internet resources for patients.

The Bipolar II Disorder Workbook Stephanie McMurich Roberts, Louisa Grandin Sylvia, Noreen A. Reilly-Harrington, 2014-02-02
Most people have heard of bipolar disorder, a mental health condition that is marked by manic episodes and periods of intense depression. Bipolar II disorder differs from bipolar I in that sufferers may never experience a full manic episode, although they may experience periods of high energy and impulsiveness (hypomania), as well as depression and anxiety. If you have been diagnosed with bipolar II, or even if you think that you may have this disorder, you may be frightened by the

highs and lows of your intense emotions. Fortunately, there are proven-effective treatments that can help you find a sense of calm and peace of mind. Written by an extremely accomplished team of bipolar experts, *The Bipolar II Disorder Workbook* is designed to help you manage the recurring depression, hypomania, and anxiety that can arise as a result of your condition. The convenient workbook format combines evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based exercises to help you manage your emotions, track your progress, and ultimately live a happy and more productive life. This is the first self-help workbook available specifically for individuals diagnosed with bipolar II disorder.

Hypomanic- Mad in England V. Kennedy, 2007

Hypomanic is one person's vivid account of how they became aware of the existence of Hypomania through excessive study & the experimentation of recreational drugs inside a hedonistic orientated work life balance. As with many misery memoirs, the protagonist has to be destroyed before finding redemption and therefore unveiling the insights to successfully overcoming the adversity. In this case, which is pre-diagnosis of bipolar by almost eighteen months, the book will demonstrate the full anatomy of a nervous breakdown from a holistic point of view and across a wide range of issues. It is written in the first person as a diary account of what happened to the author age 22 while at University and why he thinks it happened, looking back at 1995, fifteen years post event and with a diagnosis of bipolar. There are also detailed accounts of what roles close friends and family members played during the downfall and subsequent comeback of the main character. It is not a self help book per se, it belongs among the story section because this book

enthalls as much as it educates. It is a message to healthy young people with hedonistic outlooks, their friends and their families. It is a classic clinical scenario of exactly what happens to everyone involved with a stress induced Hypomanic episode and therefore how to avoid the experience before it happens or prepare for coping with it, if a diagnosis of bipolar has already occurred.

Tristimania Jay Griffiths, 2016-05-16 There are galaxies within the human mind, and madness wants to risk everything for the daring flight, reckless and beautiful and crazed. Everyone knows Icarus fell. But I love him for the fact that he dared to fly. Mania unfurls the invitation to fly too high, too near the sun... *Tristimania* is a stark and lyrical account of the psyche in crisis. It tells the story of a devastating year-long episode of manic depression, culminating in a long solo pilgrimage across Spain. The book is rare in recording the experience of mania and shows how the condition is at once terrifying and also profoundly creative, both tricking and treating the psyche. In exploring its literary influence, Griffiths looks at Shakespeare's work, and examines the Trickster role, tracing its mercuriality through the character of Mercury. An intimate, raw journey, the book illuminates something of the universal human spirit.

Bipolar Two Disorder Workbook Stephanie McMurrich Roberts, Louisa Grandin Sylvia, Noreen A. Reilly-Harrington, 2013 Break the cycle of negative thinking, identify signs of hypomania and depression, learn DBT and CBT skills to manage your mood, develop a personalized wellness plan, increase support from family and friends--Cover.

The Psychoanalysis of Elation Bertram D. Lewin, 2013-04-16 Perfect for any student of the human brain, this historic text looks at the most pleasant human

emotion, elation.

Prozac Monologues Willa Goodfellow,2020-08-25 She was going to stab her doctor, but she wrote a book instead. Years later, Willa Goodfellow revisits her account of the antidepressant-induced hypomania that hijacked her Costa Rican vacation and tells the rest of the story: her missed diagnosis of Bipolar 2, how she'd been given the wrong medications, and finally, her process of recovery. *Prozac Monologues* is a book within a book—part memoir of misdiagnosis and part self-help guide about life on the bipolar spectrum. Through edgy and comedic essays, Goodfellow offers information about a mood disorder frequently mistaken for major depression as well as resources for recovery and further study. Plus, Costa Rica.

· If your depression keeps coming back . . . · If your antidepressant side effects are dreadful . . . · If you are curious about the bipolar spectrum . . . · If you want ideas for recovery from mental illness . . . · If you care for somebody who might have more than depression

This book is for you.

Tristimania Jay Griffiths,2017-02-02 There are galaxies within the human mind, and madness wants to risk everything for the daring flight, reckless and beautiful and crazed . . . ' Tristimania is Jay Griffiths' story of a devastating year-long episode of manic depression. A profound exploration of a condition that is at once terrifying and also deeply creative, both tricking and treating the psyche, hers is a journey headlong into the heart of art and madness.

Tristimanie Jay Griffiths,2016-06

Hyper Mania Revealed Sushi I Toy,

Hyper Mania Revealed, Surviving Hyper Mania in Your Life and the Life of Those Around You S. I Toy,Sushi L. Toy,2005-10 This type of persons are

encouraged to exist in most societies, in the USA they have the highest number of hypo manic (in your face) while in the UK the highest concentration of hyper manic exist. This books demystifies the link between them and shows how to spot both types.

Beautiful Inside and Out Gena Lee Nolin, Mary Shomon, 2013-10-08 The Baywatch star shares her story of overcoming two decades of misdiagnosed thyroid disease, counseling readers on how to manage symptoms while balancing hormones, losing weight, and solving beauty challenges.

The Psychoanalysis of Elation Bertram David Lewin, 1950

Neurosurgical Treatment in Psychiatry, Pain, and Epilepsy William Herbert Sweet, Sixto Obrador Alcalde, José G. Martín-Rodríguez, 1977

Allgemeine Zeitschrift für Psychiatrie und psychisch-gerichtliche Medizin , 1925

Allgemeine zeitschrift fu(r psychiatrie und psychisch-gerichtliche Medicin , 1925

Psychiatria et neurologia , 1962

Monographien aus dem Gesamtgebiete der Neurologie und Psychiatrie , 1921

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