



Art from Adversity: A Life with Bipolar

Anne Therese Naylor

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Art from Adversity: A Life with Bipolar shines the spotlight on mental illness, in particular, bipolar disorder. It provides an insight into what it is like to become mentally ill, to ascend into mania, free fall into depression, and finally emerge profoundly changed by the experience. A memoir and guide to mental illness, Art from Adversity is a celebration of the creativity that can emerge from the challenges we face, and from the resilience we show in meeting them. This engaging account of Anne's battle with bipolar disorder reveals her story with imagination, sensitivity and humour. Based on her personal experience of caring for someone with a mental illness, she also offers unique insight for carers.

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