



# Neural Misfire: A True Story of Manic-Depression

*Jeff D. Kazmierczak*

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Between 1% and 5% of the population are diagnosed with bipolar disorder, also known as manic-depression. Bipolar disorder, typically a permanent illness, causes debilitating depression, mania, and sometimes delusions, all of which devastate the lives of the afflicted, their families, and friends. Sufferers often seek solace through medication, therapy, and the experiences of other manic-depressives. Personal accounts of manic-depression are in demand by the ill, their families, and friends, who seek to better understand and cope with a frustrating road to wellness.

Books about mental illness have steadily become popular and more mainstream, including "Girl Interrupted," which was recently made into a motion picture. Jeff D. Kazmierczak, a survivor of bipolar disorder, has written a unique account of bipolar disorder designed to appeal to manic-depressives, their families, and friends, as well as general readers accustomed to suspense and psychological drama.

The author wrote "Neural Misfire: A True Story of Manic-Depression" in the unusual format of a novel based on a true story. Most personal accounts of manic-depression present a number of isolated anecdotes. "Neural Misfire" contains one continuous story, which describes the protagonist's path from the early symptoms of depression, to mania, and finally his initial treatment.

Each chapter is time-stamped to punctuate his behavior over the course of 9 months. The manic-depressive's raw thoughts are provided in italics, so that the reader may view them alongside his behavior and dialogue. "Neural Misfire's" novel format affords the reader a comprehensive look at the transformation of a straight-A, happy 19 year-old into a suicidal and then manic young man.

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