

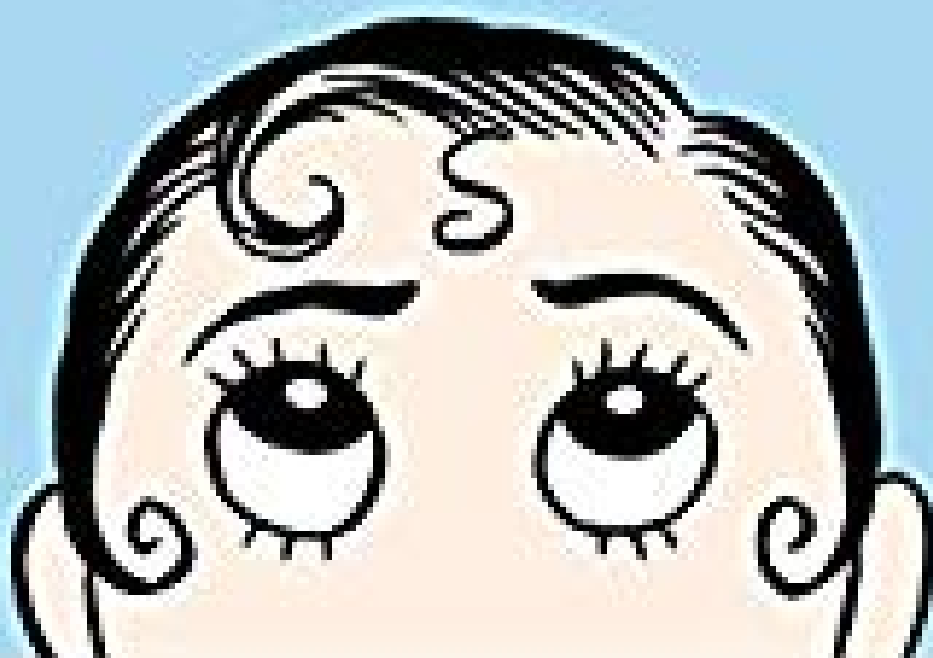
NEW YORK TIMES BESTSELLER



MARBLES

MANIA, DÉPRESSION, MICHELANGELO, & ME

A GRAPHIC MEMOIR BY *ellen forney*



Ellen Forney

Marbles: Mania, Depression, Michelangelo, and Me: A Graphic Memoir



[continue reading](#)

Cartoonist Ellen Forney explores the relationship between “Flagrantly manic and terrified that medicines would trigger her to lose creativeness, she began a years-long struggle to find mental balance while retaining her passions and imagination. and “creative” Keffe, William Styron, and Sylvia Plath. Shortly just before her thirtieth birthday, Forney was diagnosed with bipolar disorder.crazy”treatment” in this graphic memoir of her bipolar disorder, woven with tales of famous bipolar performers and authors. She also researches the clinical aspects of bipolar disorder, including the strengths and limitations of varied treatments and medications, and what studies tell us about the conundrum of attempting to “ Searching to make sense of the favorite concept of the crazy artist, she discovers motivation from the lives and work of other artists and writers who suffered from mood disorders, including Vincent van Gogh, Georgia O’ an otherwise brilliant mind.Darkly funny and intensely personal, Forney’s work, while she shares her own tale through bold black-and-white images and evocative prose.s memoir provides a visceral glimpse in to the effects of a mood disorder on an artist’



[continue reading](#)

Genius! Ellen Forney is certainly a gifted artist/cartoonist. It is filled with personal stories, data from studies, great books to learn about the condition, a lot about famous artists/writers who had this illness (which I quite definitely enjoyed). 44). Awesome Awesome the depressive ends of bipolar disorder--as well as the lucid times intervals in between these attacks. She discusses the risky behaviors such as for example drug use, alcohol intake. She admits to the hypersexuality, which affects a lot of people (although mine is more in my own mind, rather than acting it out---I was identified as having manic-depression at the past due age of 45). It really is impressive that she struggled through ("soldiered on" as my British mother-in-law would say) until finally (after Years) finding the right combinations of medications/workout/activities/time by itself/therapy that worked for her. She discusses fearing losing her imagination. She didn't. I did. I was an art major & It offers pushed me into the right direction on what and where to look for help. One professor said I was the "most creative pupil I've experienced in 30 years. other students. compliment throughout my art research from professors & Ms. She also finds support from her friends and parents, particularly her (lesbian) mom. I can still write & experienced poetry published. But simply therefore people know, some people Do lose our creativity. Its one heck of a roller coaster to learn in you want know very well what it means to be bipolar and the struggles that include it. She is completely open up & She, like I am, is a fan of Kay Redfield Jamison. Jamison is the PhD psychiatrist professor at Johns Hopkins who was hospitalized for psychosis throughout a manic assault while she was in med college. I really believe that is area of the reason why she killed herself (there were many reasons, including the fact that she was put on anti-depressants, which can result in a person with manic-despair to go into an intense mania). One wrong bit of data in the book: Sylvia Plath didn't have ECT treatments "all her lifestyle." She had them following a suicide attempt while in university. These were administered improperly (not enough tranquilizers, too very much electrical power) so that she was awake for the whole thing. she wins over the reader, who roots on her behalf unreservedly, despite all exposed breaches of decorum. She went on to write many books about mind disorders. I wasn't real keen on the explicit sexual section but it is important for people to know that this type of behavior is section of the manic end of bipolar disorder. It's a complicated condition & Best book about mania and depression We've read, and We've read a whole lot. Forney did a Brilliant job of focus on this book I am not alone.... I under no circumstances thought anyone could understand exactly what I go through. This article writer and cartoon illustrator transformed that for me. I have problems with many mental health issues including OCD, Bipolar disorder, PTSD, depression and stress and anxiety to name a few. I loved this reserve and even highlighted some of the sections that We relate to fully. Bipolarity and Imagination: Ellen Forney Explores the hyperlink in this Graphic Memoir Ellen Forney's "Marbles: Mania, Depression, Michelangelo, & I've been on multiple antidepressants and anti anxiety medicines since I was a kid but this book alone has helped me in ways a few psychotherapists and therapists have. I am not alone.. received high marks & Ellen Forney, I cannot thank you enough. You've saved me. As a person who struggles with her very own depression, this book actually spoke to my center. In this memoir of an artist's have a problem with bipolar disorder--a memoir both comical and profound--Ellen Forney persuasively argues yes. She actually is brutally honest and vulnerable about her pain, but she also explores the unexpected gifts to be found within the pain. Some of the world's best artists and thinkers possess struggled with various types of mental illness--Michelangelo, Van Gogh, Georgia O'Keeffe, Sylvia Plath, and even more. And, in a few mysterious method, this also contributed with their creative genius. Forney asks the paradoxical query: "Is mental illness a curse, or is it actually something special?"

Perhaps, like so many things in this existence, it is both! It's frightening but also refreshing. Being 28 years old and carrying the responsibility of multiple mental disorders provides, at times, still left me exasperated. *Me*", is usually a brave, funny and self-revealing function exploring how an artist could make peace with bipolar disorder without losing the creative spark. It has been known as a graphic novel, and it actually was selected for a list of "top graphic novels" compiled by *Period Magazine*, but its type is actually that of a memoir rather than novel. Poets: Blake, Byron, Coleridge, Dickens, T. The big style, of Forney's producing, embodies energy, transformation, joy, a whale, plumes of water, smoke cigarettes, a skeleton, the spiritual connection with water, and various other emanations of a manic epiphany she got experienced about one year earlier. By far among the best books in mania and melancholy for both who have problems with mental illness and family and friends who want to be educated more. She credits her psychiatrist with high cleverness, cunning and patience. "Another chapter relates Forney's initial stop by at a psychiatrist, shortly after the tattoo, who proposes a diagnosis of bipolar We disorder, DSM 296.4 (Diagnostic and Statistical Manual, published by the American Psychiatric Association), known during the past as "manic depression." With this exact sounding diagnosis (reminiscent of the Dewey Decimal System for library books), she contemplates a revised lifestyle, alternately because the alienation of a lunatic or the glory of creative initiation into "Club Van Gogh." Her imaginary membership card in Club Van Gogh provided a "sense of heaviness. I know that now and I'm so grateful for this book..alleviated by a backhanded sense of cred" (caption: "ECCENTRIC! PASSIONATE! she create unabashed; SCARY! DEADLY!As Forney credibly shows, much great art is not only a metaphor of intense psychic states but ordinarily a direct expression of them. ICE! DANGEROUS! Among manic depressives, the prices of attempted and effective suicide are appallingly high (find p. UNPREDICTABLE! UNMOORED! After reading it, I found myself going back to take pleasure from some exceptional sections once again. Forney lists almost innumerable distinguished creative individuals with diagnosed or "probable" manic-depressive illness or main depression. Here are a few of her examples: Performers: Gauguin, Van Gogh, Michelangelo, Munch, O'Keefe, Rossetti, Pollack, Rothko. Forney, a graphic artist working out of Seattle, opens her work with a tattoo technician inking her back again. S. Eliot, Poe, Sylvia Plath, Ezra Pound, Anne Sexton, Dylan Thomas, Whitman. com by Andrew Szabo. UNBRIDLED! honest in this reserve. Although Forney emphasizes artists, several great leaders have demonstrated signs of serious mood disorder, including Lincoln and Churchill (Churchill called his despair "the Black Pet"). I also think about the great public scientist Max Weber, alternating between superhuman study and composing spurts and vegetative paralysis. This highly original memoir moved me. Lithium [lithium carbonate, a salt], the oldest scientifically accepted pharmaceutical treatment, fails for everyone, could cause lethargy, nasty pimples and fat gain, and it possesses threat of acute liver harm that must definitely be monitored by regular bloodstream serum testing." However the medication took away my ability to attract & Ms. Forney tried lithium, along with nearly a pharmacy of choice and adjunct medications, including Lamictal, Tegretol, Depakote, Nuerontin, Zyprexa and Klonopin. Forney's self-explained bisexuality entails, in this rendition, numerous romps with her girlfriends, both straight and gay, as she works out themes for her comic books, celebrates her thirtieth birthday and seduces a lady yoga exercise novice. An intriguing aspect of this memoir is the depiction of the psychiatrist-patient relationship. I'd highly recommend this publication to anyone fighting mental illness (personality/mood disorders). She cherishes this reference to her beloved "stoner mom. This book would be of compelling curiosity to anyone diagnosed with bipolar disorder or major depression (and family/close friends) but also to almost any person thinking about human

psychology or artistic imagination. FIRE! I was startled by Edward Munch's vivid diary access of the experience that evoked his masterwork, "The Scream" (find p. 121 for the amazing words). Forney's exercise routine, including swimming, seems to give short-term alleviation at least. Yoga, suggested by her psychiatrist, offers some rest from anxiety and in addition insight. Browse it for a class and I could not put it straight down! all! paint. If this book were a drama, it has components of comedy, but the comic quality is incomplete. The heroine comes away with new self-knowledge, achieved through a great deal of suffering--understanding of herself and perhaps about many other artists past and present with whom she shares areas of this malady. Especially recommended mainly because a read for those with mental illness A compelling and surprisingly frank portrayal of the artist's struggle with mental illness. By keeping her feeling swings within a narrower ambit, she can continue her craft more frequently and fruitfully. But such success is tactical, not strategic--more of a battle of attrition when compared to a clear-cut triumph. The goal--hard fought for and elusive, but sometimes gratifyingly achieved--is balance. Her closing picture is a self-portrait, with fluffy bathrobe, bedtime locks, toothbrush at hand and half-smile, and the caption, "I'm Fine." In the graphic novel format, Forney has discovered an ideal form for informing her story. Examples of her drawings, undertaken during major depressive or manic episodes-- shared with the reader to mention her long dog-sled rides of sadness and Olympic ski take-off ramps of joy--express convincingly her underlying emotions. Bipolar disorder is certainly notoriously difficult to treat. The author enjoys indubitable gifts as a comic artist; TORTURED! She got vowed to never get ECT again & "When she finally reveals this make use of to her doctor, she feels guilty for having held the trick but also unburdened."). I'm giving this book five stars, since it completely realizes the potential of its type. (Originally posted in MindBodyForce. Authors: Samuel Johnson, Faulkner, Fitzgerald, Hemingway, Ibsen, Henry James, William James, Tolstoy, Tennessee Williams, Virginia Woolf and Mark Twain.) Marbles: Mania, Depression, Michelangelo and Me Marbles: Mania, Depression, Michelangelo, and Me personally: A Graphic Memoir Tremendous book for mood swingers and creatives Haven't read a book that spoke to as that one in years! Great Book!! Loved it and subsequently bought all the Ellen Forney's books Four Stars Good book Great Book! Go through it for a course and I ...! But the author brings out the trickiness, subtlety and seeming impermanence--and simultaneously, apparent necessity--of the pharmaceutical treatment mixture. The comics and illustrations (and composing!) make it an easy read and I loved the perspective it gave me. Ms. The artwork is fantastic as well. The tattoo artist can be taken aback when Forney--exultant at completing the lengthy session, and shirtless--swings around and lunges to kiss him, "tongue & Simply ordered the sequel and can't wait! A Brief Review for Oceanside Open public Library Graphic Novel Reserve Club: Marbles I bought this for a graphic novel book golf club for adults, the subject was on mental illness [Marbles deals with Bipolar Disorder]. Thank Heavens Forney didn't lose her talents, this reserve is a vivid description of what it's like to have bipolar disorder. She has found that, at least on her behalf, the lows but also the extreme highs of her disorder usually do not bring artistic productivity. Especially suggested as a read for all those with mental illness, and moreover, their friends and family. Very Accurate An extremely accurate portrayal of major depression, mania & the struggles accompanying both. THE BEST Graphic Novel of All Time Will there be anything redemptive about mental disease? This book is a wonderful example of where to find light in actually the darkest of places. For a long time, Forney hides from her doctor her cannabis habit, which on her behalf is more essential than alcohol. Her drawings Vividly symbolize what it's prefer to be in the manic &



[continue reading](#)

download Marbles: Mania, Depression, Michelangelo, and Me: A Graphic Memoir e-book

download Marbles: Mania, Depression, Michelangelo, and Me: A Graphic Memoir djvu

[download free How to Win a Fight: A Guide to Avoiding and Surviving Violence pdf](#)

[download Are You a Jackie or a Marilyn?: Timeless Lessons on Love, Power, and Style e-book](#)

[download free How to Look Expensive: A Beauty Editor's Secrets to Getting Gorgeous without Breaking the Bank txt](#)