

"Dyane Harwood's *Birth of a New Brain* is a gripping account of the awful peripartum of childbirth and the onset of bipolar illness. Her book is an informative and important contribution to our understanding of this triggering of mental illness that happens more often than is generally recognized."

—Ray Kallfeld Jensen, author of *The Unquiet Mind* and *Robert Lowell: Writing the River as Fox*

Birth *of a* New Brain

*Healing from Postpartum
Bipolar Disorder*

DYANE HARWOOD

Foreword by Dr. Carol Hershaw

Dyane Harwood

Birth of a New Brain: Healing from Postpartum Bipolar Disorder



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redwood forest baths”s turmoil. Birth of a New Brain is the chronicle of one mother’ During her childhood, Harwood grew up near her father, a brilliant violinist in the Los Angeles Philharmonic who acquired bipolar disorder. She learned how bipolar disorder could ravage a family, but she hardly ever suspected that she’d become mentally ill—until her baby was created.s perseverance, offering wish and grounded suggestions for all those battling mental illness. Harwood wondered if mental wellness would continually be out of her reach. Harwood reveals how she ultimately achieved a stable mood.Following the birth of her baby triggers a manic maelstrom, Dyane Harwood struggles to survive the bewildering highs and crippling lows of her brain’ to bibliotherapy, she explored both traditional and unconventional ways of recovery—in-between harrowing psychiatric hospitalizations.Whenever a new mom becomes manic immediately from a rare type of bipolar disorder, she stops at nothing to find the mental balance she needs to stay alive. From medications to electroconvulsive therapy, from “ She discovered that despite having a chronic mood disorder, a new, richer life can be done. Birth of a fresh Brain vividly depicts her postpartum bipolar disorder, a unique kind of bipolar disorder and postpartum disposition and anxiety disorder.



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Courageously Honest and Beautifully Written In this courageously honest and vivid memoir Dyane Harwood chronicles her battle to get well despite being a “treatment resistant” sufferer of postpartum bipolar disorder. I loved so many things about this publication. The facts of how her bipolar disorder manifested after the birth of her second child were as fascinating because they were heart-wrenching. Birth of a fresh Brain is a fascinating memoir of 1 woman’s struggle with Postpartum Bipolar Disorder. I also loved the stunning and sometimes painful descriptions of growing up in the Pacific Palisades, with the standard struggles and confusions of adolescence challenging by having a mother or father with a mental illness that had not been adequately treated. Also, there was so very much in this story I identified with. How I wish I had been in a position to read this publication when I was initially diagnosed with bipolar disorder. The story is authentic, radiant and filled with real emotions, struggles, and triumphs. She managed to inform and inspire me. Dyane Harwood skilfully writes a compelling true tale. Like me, Dyane began taking olanzapine so when with me, it did nothing at all to alleviate her despair. Like me, she experienced horrible on the medication. It’s given me self-confidence that I could continue having an excellent and rewarding existence. The journey is hard and displayed the perseverance of a mother struggling in a true sense of the term. She in fact combines them calling it ‘postpartum bipolar. I could go on but I really do not want to give too much away. Fills ESSENTIAL Niche -- Bipolar Peripartum Onset Dyane Harwood thrilled me when she sent me an advance duplicate of her memoir, Birth of a New Brain: Recovery from Postpartum Bipolar Disorder. Soon after I began blogging in late 2013, I met Dyane Harwood through her personal blog — Birth of a New Brain: A Writer Healing from Postpartum Bipolar Disorder (Bipolar, Peripartum Onset), that you can find at proudlybipolar. I’ll just tell that this is a moving, beautifully written memoir that’s more likely to inspire any reader, with or without bipolar disorder. Dyane deserves all of the compliment her novel has received from various resources.) Her memoir fills a much-needed specific niche market in sharing the knowledge of bipolar disorder, peripartum onset (beginning during being pregnant or within a month after delivery). With her friendly approachable writing style, her strong spirit shines throughout her memoir, even when describing the devastation of bipolar disorder. Her story shows how essential it really is to not give up. Wonderful and Captivating Memoir on the subject of Peri-Partum Bipolar Disorder Harwood’s book walks visitors into her globe of encountering bipolar disorder diagnosed following the birth of her daughters. Dyane explains both traumatic symptoms she experienced and complex psychiatric information clearly and accurately. It really is so easy for folks to say of people with bipolar disorder, “Well if they would just take their medicine, they would be fine. It’s a fascinating account with a structure exclusive to memoir: Dyane takes us from her birth in the beautiful Pacific Palisades to her first boyfriends to her seven hospitalizations. She actually includes me as a resource (I’m totally flattered). I identify with Dyane’s experience as a mom identified as having bipolar disorder postpartum, for I too began hypomanic ramping when breastfeeding my son. Truthfully, I began ramping during my pregnancy -- which led to workaholism, overactivity, and bed rest -- but I wasn’t diagnosed until he was a toddler. My analysis of dysthymia (chronic melancholy), which I acquired since I was eighteen, transformed to bipolar type II. Both Dyane and I had our worlds turned upside down by the onset of our ailments. As I compose, I’m almost brought to tears remembering that point. With regards to the writing, her voice, her imagery, and her control of the narrative are pitch ideal, and I would recommend this book to anyone.wordpress. A must read for everyone who works together with pregnant and postpartum women. Meeting Dyane on the web made living with bipolar disorder easier. Her support and friendship provides been instrumental in my own personal mental wellness recovery. The

literature standard was descriptive, written with care and well put together. Dyane does such an excellent work of capturing that desperation to end up being free of the "lid" that is sometimes hard for non-bipolar victims to understand. Dyane decides to dedicate her existence educating her self on this problem. While I am aware and have browse books on mental disease and psychology, I especially enjoyed this one due to its inspirational and shifting story. I especially linked to the difficulties of discovering the right drug treatment combination. Good Read Birth of a fresh mind is a self-help book telling the tale of a mom trying to survive a rare type of bipolar disease, postpartum feeling and anxiety disorder. Brilliant book. I believe my depression could have been much less lonely easily had been able to browse "Birth of a New Brain" during probably the most painful and confusing intervals of my entire life. For way too many years I was lost in my mood instability, puzzled about meds, uncertain of everything in my own life and not loving myself. I appreciated the fact that the writer here attempts to produce a short gap between these diversions. I really believe this book would be most appropriate to people that study medicine, psychology and enjoy reading motivational tales. What made this reserve stick out, in addition, everything else mentioned, was the author differentiating the bipolar disorder to postpartum major depression. A fascinating memoir of one woman's struggle with Postpartum Bipolar Disorder. Mental health generally, and especially in postpartum women, isn't often discussed. Brilliant book Positive, encouraging and useful about living with bipolar disorder Probably the most positive, encouraging and helpful book about bipolar disorder I've read. During her 1st hospitalization at the "affectionately" termed, "Marine Parade", she was diagnosed with Postpartum Bipolar Disorder. I have already been hospitalized several times just like the author, as well. But for recent years, I've been consistently practicing self-care (much like Hardwood describes) and I finally feel like a (mostly) whole person once again.' Mental illness, to this day, is still a taboo and most often misunderstood. Birth of a New Human brain is a mood-enhancing shot in the arm for anyone with this illness, or their loved ones. Harwood's writing offers confirmed for me many good stuff I've found to greatly help my bipolar. It offers reassured me that I'm on a good route. I was so disappointed when the people around me pronounced me "well" because I was no longer talking fast or stating strange things, the drug acted as a lid on my feeling that appeared to be keeping me depressed to the idea I barely acknowledged myself. The appendices in the reserve were also very useful and a perfect capstone to the wonderful work. Such a natural, honest and sincere account by Dyane. Regardless of the serious articles, I appreciated the easy-to-read and nearly conversational writing style which added to the issue I had in placing the publication down." It is not always that simple. I thoroughly enjoyed reading her story. Dyane gives an unbelievable first hand accounts of her knowledge with postpartum bipolar disorder. After having her second child, she develops postpartum hypomania and has an unusual symptom of hypergraphia. Hypergraphia is the overwhelming need to compose anything on any surface. In my 24-year trip with bipolar, I have experienced identical manias and depressions like Harwood. I didn't want to put this book down. Individually, I was infatuated with Birth of a fresh Brain. We was infatuated with this reserve! I can relate to lots of what Dyane experienced. Minus the reality that I don't have kids. In my own honest opinion, I provide this publication a 5 out of 5-star ranking and I recommend this reserve to everyone. It shows you that also when we are going right through our darkest occasions, there is a glimmer of wish at the end of the tunnel. She acquired to undergo hospitalizations, ECT, and multiple medication trials to find what worked on her behalf. Her story is a tour de push of exceptional courage through amazing adversities and grief. She knows the pains of depression on a journey to Hawaii to great manic elation on multiple psych

ward trips. Despite everything, she gained insight into her disease and continues to live a productive life as a freelance writer, author, mom and wife. Harwood is a crowning exemplary case of an extraordinary lifestyle not just a person living with mental illness. I highly recommend this book never to only present you you aren't alone but the method that you too can have a rich, fulfilling existence. Brilliant memoir, gripping and honest Dyane Harwood's excellent breakout memoir, *Birth of a fresh Human brain*, chronicles her heartbreaking struggle for balance after the starting point of postpartum bipolar disorder. Dyane's battle to reestablish her mental health from the ravages of mania and the pits of depressive disorder is documented in a gripping account with an almost-journalistic flair. An frequently overlooked and misunderstood perinatal feeling and panic (PMAD), postpartum bipolar disorder is normally listed in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) within the bipolar spectrum. In Dyane's case, she suffers from a severe type of "treatment-resistant" bipolar I disorder, which spirals high into manic episodes and deep into soul-sucking depressions. (I pre-purchased it and was anxiously awaiting it's October 2017 launch. Her publication is well-researched and contains useful and informative assets throughout and in her appendices. She spends plenty of time describing her attempts to live medication-free of charge and the disastrous outcomes. A must read! Insightful, compelling, heartwarming and captivating! Dyane offers a window into a rarely documented mental wellness disorder and humanizes those coping with it. Through her authenticity and honesty, she'll help raise consciousness and provide insight for those who are confronted with this disposition disorder. Dyane many thanks for your vulnerability to share your story as well as your contribution to the field.com. I received an ARC (advanced review duplicate) for a target review.



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