

DERAILED

on the bipolar

EXPRESS

A MOTHER'S JOURNEY INTO MADNESS



JOIE EDSON

Joie Edson

Derailed on the Bipolar Express



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This is her tale, but it additionally serves to reveal the challenges other parents or families may encounter when raising children with mental illness. She has lived through inexplicable encounters, including a significant arrest of one of her sons at the Boston Marathon finish line, because of their ailments. A retired Physical Education teacher, Joie currently teaches group exercise classes in the higher Boston region. She lives in Wakefield, Massachusetts, and gained both her undergraduate and grasp's degree in education from Salem State University. Joie Edson is the mom of two sons who have been diagnosed with Bipolar Disorder, a single at age 17 and the next son at age 19.



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I also recommend if you are fighting a hardcore battle (aren't we all in a single way or another? The writer skillfully and concisely information the depth of emotions and the challenges with mental illness (and the system that treats mental illness). Author (and mom), Joie Edson, is usually open up, honest and candid in what it is prefer to be a parent with not only one child but 2 sons who are bipolar. I could not stop scanning this book. I could not place it down. She shines a light on the pure terror and disappointments of what it's like to haven't one, but two kids with mental disease. In order to get a "loving mother's" honest, complete perspective on mental disease - particularly bipolar / mania, and how exactly to cope, read this book. I so recommend this publication to any individual who wants a better knowledge of humanity, and the energy of a healthy mind and one that is not so healthy. A candid tale of a solid Mothers unwavering love for her children identified as having bipolar disorder. Love, clearness (of what is important) and grit -- this family members has it running through their veins, especially mother, Joie. A MUST read. I was shocked when I positioned my order on Amazon to discover that Joie, my amazing cardio kickboxing instructor, was the author. Shedding light on the fragile topic of mental illness. A must read. Therefore many adjectives to describe this publication. Riviting, engaging, shocking, and impactful are just a few. I couldn't put it down. Read. This while each page was so deeply heart-breaking --- correction, each page was gut-wrenching! But more importantly, she shares with us how she has managed to go above it while treading water in some especially frightening, frustrating and sad circumstances, even while admitting her very own vulnerability and fear, but still managing to possess a voice and get around through a system that most certainly requirements improvement to ensure the best care possible for her children. It offers one perspective and insight right into a world a lot of us have no presence into. It begs you to view mental illness differently. You could never truly understand it unless you've lived it. This. Personally, i cannot to start to imagine getting the strength, fortitude and perseverance of this woman who was simply chosen sadly to live through the chaos and discomfort and misunderstandings and uncertainty of mothering kids with mental illness. She's taken upon this responsibility when others may possess given up. Not merely does she keep on with this journey in advocating for her sons, she's given us the gift of perspective and understanding in a occasionally taboo topic of mental illness. AMAZING! A must read.. Killer body! for everyone! Shining a light on how best to cope with a loved one's bipolar disorder! It is a must read.. A must read I couldn't put it straight down. well. for everyone! I would recommend this book to anyone looking to develop a deeper understanding and empathy for all those battling with the disorder.. Having personally known Joie as my daughters fitness center instructor for 5 years, I never would have known she had so much going on. I took her cardio kick boxing classes and she was amazing!. This book is a superb tool to help others understand mental illness and really should serve as a reminder to display empathy and kindness not really judgment. Awesome classes! Joie captures bipolar disorder and mental illness in a honest actuality. I admired her strength. Each time I required a class she inspired me, knowing she was there teaching (killing it!) regardless of the heart wrenching struggles she certainly was facing aware of her husband. I wanted to commend her and give her a big hug after each class, but thought well that would be simply weird and creepy. I didn't even understand her. I refrained. The other day, my spin instructor was promoting an amazing must read book compiled by one of the amazing women in our class.! Every page of this book shows Joie's incredible feeling of honesty, courage and resilience. I couldn't put it down. I was awestruck and inspired, thinking about the incredible strength of this one woman. For those with a loved one suffering from mental illness it is a great reminder that they are not by yourself. She affirms the truth of people coping with mental illness in their families, which often marks them as invisible in our society, and gives approaches for how to progress in the midst of the roller coaster trip of bipolar disorders. Your vivid, concise details of your experiences assisting your sons making use of their hospitalizations and treatments were both eye opening and center wrenching. Joie's unconditional love and commitment to

her children is so powerful..Love, clarity and grit - browse this loving mother's account of her family's knowledge - bring a box of tissues!) and looking for inner strength and inspiration to conquer it. Joie's strength, humility and honesty will motivate you. It is unsensored, raw and captivating from cover to cover. Many thanks Joie! Done well, Joie Edson!. I warn you to have a box of tissues by your side. Great music! I could not await my Amazon delivery and I devoured Joie's beautifully written book in just several short hours. Exceptional portrayal of life with family who suffer from mental illness. This was a fantastic portrayal of a genuine and heart-wrenching look into a mother's story of living with family members with mental illness. This is a must browse, not only for those with someone you care about fighting bipolar disorder, but also for anyone seeking to understand the problems of this disease. Refreshingly open and honest I read this in 2 hours. Inspiring, wonderfully written, powerful tale. No "poor me" attitude, admits issues she may have done differently but in the finish she did what she could, that which was best on her behalf kids at that time. I first met the writer, Joie Edson, five years ago, and was instantly impressed by her. Great read for people who possess dealt with their own issues. I've experienced two bipolar associates in my family and her discussion about meds and the regulating of these was all so true. I've been validated! Carolee We thoroughly enjoyed reading about Joies trip on the Bi Polar Express Having shed a Son at 36 this year to Mental Illness and Alchol Abuse this Great browse has helped me with my current struggles as a surviving parent of a Son who was simply loving ,kind,and a beautiful individual who unfortunetly Had a Fatal trip on a single Train Thank you for sharing your story We do not Stand Alone An incredible and honest tale of bipolar and mood disorders. Reading this book was like reading my children biography! I remember hearing that her hubby was very ill with terminal tumor and I was so impressed that she got the strength showing up and continue steadily to teach these cardio classes and do it with positive enthusiasm and so well. A reality which my children has been going through for the last three years and will continue to go through for life. Great book and I'm so glad she wrote her story for all to ideally understand they aren't alone and you could get through it. Thank you for sharing your tale. I will continue steadily to share this book to help others understand mental illness and it's all encompassing vortex. Must read Absolutely fascinating. Essential read for anybody who has a relative that is suffering from mental illness. The writer will take us on an unimaginable journey through a tumultuous existence affected by the problems of mental illness. And reading this book is the closest many of us with ever reach understanding mental disease and it's impact on the people, their family and friends and also acquaintances. Book. !!! It had been dark and I didn't see who it was. A riveting first hands account of what a family suffering from bipolar disorder must endure and overcome. As she promoted the publication, I realized it was about a topic that intrigues me and one I know very little about - bipolar disorder- and who to better describe it than a mom of two sons with the disorder. This publication is crucial read for EVERYONE!! Next time I see Joie in a cardio course, I'm going to give her a big, sweaty hug! Thank you, Joie, for sharing your important story. Buy this, browse this, become educated by this.... This book is crucial read for all those who either are directly affected by mental illness, or who aren't, as we all have to be educated by the impact it is wearing us as a society. This Mom truthfully and bravely shares the pain and struggling of her sons medical diagnosis, exposing all functions of sometimes horrific behavior, yet in some way comes out the other end stronger and wiser. I desire you all to make an effort, and especially encourage those who are struggling in any way with this disease. You are perfect! The honesty and openness of this mom, who went through so much, was therefore refreshing. This was this exceptional, inspiring story. I laughed, I cried and I couldn't place it down! From reading this book, I feel I've a much deeper understanding of the disorder as well as the complexity of remedies, given the horrendous unwanted effects of the medicines needed to prevent and stabilize manic episodes. It gives people hope to by no means give up, maintain positivity and advocate for the ones you love. Truly a must read! I simply finished this amazing book. Joie Edson tells her tale with such a direct, legitimate,

intimate, and heartfelt tone of voice that you feel as if you are seated across from her instead of reading a book. This book is a courageous and stunningly powerful memoir of how a mother faces and manages through the truth of her two sons' ongoing have a problem with bipolar disorder. Edson has gifted us with a lot more than a personal story. Many thanks Joie designed for demystifying a mental disease that affects near 3% of the united states population over the age of 18. If you are searching for a candid, inside look into living with family members who suffer from mental illness, you would like to learn more about the mental health system's ins-and-outs, or just want to take a dive into the life of a mother raising two sons with mental disease, this is the book for you!



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