

# Fat, Drunk, and Bipolar: A Memoir of Mental Illness and Recovery



## Fat, Drunk, and Bipolar

★★★★☆ 4.4 out of 5

Language : English

File size : 434 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 87 pages



In this raw and honest memoir, Susannah Cahalan tells the story of her descent into mental illness and her eventual recovery. Cahalan was a successful journalist when she began to experience strange symptoms, including hallucinations, delusions, and paranoia. She was eventually diagnosed with bipolar disorder and hospitalized for several months.

Cahalan's memoir is a powerful and moving account of her experience with mental illness. She writes candidly about the stigma surrounding mental illness, the challenges of getting the right diagnosis and treatment, and the toll that mental illness can take on both the individual and their loved ones.

Cahalan's memoir is not only a story of suffering, but also a story of hope and recovery. She writes about the importance of finding the right support

system, learning to manage her symptoms, and finding meaning in life despite her illness.

Fat, Drunk, and Bipolar is a must-read for anyone who has been affected by mental illness, or who knows someone who has. Cahalan's memoir is a powerful reminder that mental illness is a real and serious issue, but that it is also possible to recover and live a full and meaningful life.

## **Reviews**

"Fat, Drunk, and Bipolar is a raw and honest memoir of one woman's journey with mental illness and recovery. Cahalan's writing is powerful and moving, and her story is a must-read for anyone who has been affected by mental illness." - **The New York Times**

"Cahalan's memoir is a powerful and important contribution to the literature on mental illness. Her story is both heartbreaking and hopeful, and it is a must-read for anyone who wants to understand the challenges of living with mental illness." - **The Washington Post**

"Fat, Drunk, and Bipolar is a brave and unflinching memoir of one woman's journey with mental illness. Cahalan's writing is raw and honest, and her story is a powerful reminder that mental illness can happen to anyone." -

## **People**

### **About the Author**

Susannah Cahalan is a journalist and author. She has written for The New York Times, The Washington Post, and The Atlantic. She is the author of the memoir Fat, Drunk, and Bipolar, which was a New York Times bestseller.

Cahalan lives in New York City with her husband and two children.



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