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My Black Box: Flights of Bipolar

Michelle Murphy

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My Black Box: Flights of Bipolar Michelle Murphy
Imagine being a young adult experiencing all the usual milestones of life. Suddenly you start hearing voices in your head and losing your ability to control your thoughts. Who can you trust and how do you determine what is real and what is unreal? My Black Box: Flights of Bipolar offers readers a rare, courageous and candid look inside a bipolar mind as it takes ?ight from reality and enters the world of full-blown psychosis. In opening her black box and revealing its contents, author Michelle Murphy gives us a tremendous gift-a compass for those who may be suffering with symptoms of psychosis and attempting to navigate those frightening waters. This book will also serve as a context within which to understand our loved ones who suffer from bipolar, schizophrenic, and schizoaffective disorders. Anyone living with a serious mental illness-or loving someone with a serious mental illness-will identify with Michelle's psychotic episodes and feel less alone. And everyone who reads this book will feel encouraged and inspired by the determination with which the author continues to face her challenges, move forward and excel in her life. "A few years ago, someone dear and precious to me took her life. For most of her life, she struggled with bipolar, schizophrenia and alcoholism. I wish My Black Box by Michelle Murphy had been available. If Cindy could have read it, I think she would be alive today." ~ J. Michael Murray, JD, MS, LMFT, LPC (Michelle's counselor)
"Michelle's memoir is a fascinating look into a brilliant, creative and sometimes troubled mind. It has been a pleasure to read her recollections and to see her climb her way back to health. She is living proof that it is possible!" ~ Stephen Goulet, Instrument Technician, Nuclear Industry (Michelle's bipolar friend)

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