



Intense Minds Through the Eyes of Young People with Bipolar Disorder

Tracy Anglada

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A book so powerful that numerous colleges including Harvard Graduate School of Education are now using Intense Minds to help future social workers and counselors understand the perspective of children who live with this diagnosis. Young people with bipolar disorder and adults who grew up with the condition speak out to share how they experienced the symptoms of this illness during their youth, and how it affected their functioning in school, at home and with friends. Their insightful comments, woven together by the author, form a stunning picture of the young person's internal experience. The reader will come away with a new understanding of these young people and a renewed commitment to make a difference by reaching out to help. "Tracy Anglada has broken new ground with Intense Minds. While most books speak about the children and their feelings, hers is the first to capture the children articulating what they truly feel themselves: their impossible levels of frustration and irritability, their episodes of emptiness or manic energy, their severe difficulties in the academic environment, and their dread of night time due to their propensity to suffer horrific images and scenarios while sleeping. "One comes away with such admiration for these children and adolescents for soldiering on despite these terrible burdens, and for the author who took the time to listen and put their words to paper. Parents, clinicians and educators must read this first-of-its-kind book." Demetri F. Papolos, M.D. and Janice Papolos Authors of The Bipolar Child

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