



Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart

Derek Thompson

Download now

[Click here](#) if your download doesn't start automatically

Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart

Derek Thompson

Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart Derek Thompson

I figure that if I have to endure the worst parts of bipolar disorder, like psychosis, I get to laugh as much as possible along the way. *Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart* is the story of one Millennial's bipolar life, with moments ranging from the ridiculous to the terrifying to the hilarious. Blending pop culture references and cyberspeak with psychiatric terms, it combines the funny, conversational tone of *Sh*t My Dad Says* with a nonlinear narrative structure similar to that of *Manic*.

The book began as a blog: if you had a delusional relationship with Britney Spears, wouldn't you brag about it to the entire world? To create the book, I organized the blog entries like a mood chart, a therapeutic tool which assigns colors to states of mind. The entries are divided into three sections, Depressed, Normal and Elevated, and cover the past three years: my psych ward getaways, my vision of fighting alongside Jesus at Armageddon, my attempts to find a woman who accepts that I sometimes lose my mind. Therapy "sessions" with a fictional psychiatrist provide my present-day reflections on each entry. (I had to create my ideal shrink because I tend to fight with the real ones.)

Somewhere Over the Rainbow will be the first humorous memoir about bipolar by a member of the Millennial Generation--today's young adults. My book's humor, cultural references and Internet origins will appeal to Millennials, now entering their twenties and thirties, as well as younger Gen Xers. More than an account of coming to terms with a mental health condition, it's a story of being young and feeling lost, dealing with heartbreak and still finding plenty to laugh about, no matter what happens.

 [Download Somewhere Over the Rainbow, I've Lost My Damn Mind ...pdf](#)

 [Read Online Somewhere Over the Rainbow, I've Lost My Damn Mi ...pdf](#)

Download and Read Free Online Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart Derek Thompson

From reader reviews:

Alexander Ratcliff:

Do you have favorite book? For those who have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each book has different aim as well as goal; it means that reserve has different type. Some people really feel enjoy to spend their time to read a book. These are reading whatever they have because their hobby is definitely reading a book. Think about the person who don't like reading a book? Sometime, person feel need book after they found difficult problem or even exercise. Well, probably you will want this Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart.

Josephine Draughn:

In this 21st century, people become competitive in every single way. By being competitive right now, people have do something to make all of them survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yep, by reading a reserve your ability to survive boost then having chance to stand than other is high. For you who want to start reading a book, we give you this kind of Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart book as starter and daily reading e-book. Why, because this book is more than just a book.

Betty Bass:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the e-book untitled Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart can be fine book to read. May be it might be best activity to you.

Marilyn Fox:

This Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart is great publication for you because the content that is certainly full of information for you who all always deal with world and possess to make decision every minute. This particular book reveal it facts accurately using great arrange word or we can claim no rambling sentences inside. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tricky core information with lovely delivering sentences. Having Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart in your hand like having the world in your arm, details in it is not ridiculous 1. We can say that no guide that offer you world within ten or fifteen tiny right but this publication already do that. So , this is

good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

**Download and Read Online Somewhere Over the Rainbow, I've
Lost My Damn Mind: A Manic's Mood Chart Derek Thompson
#XJMRDI0CB6Y**

Read Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson for online ebook

Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson books to read online.

Online Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson ebook PDF download

Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson Doc

Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson Mobipocket

Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart by Derek Thompson EPub