

## Detour My Bipolar Road Trip In 4 D

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### Detour My Bipolar Road Trip

So Lizzie hits the road, hoping to find "a herd of her own." Along the way she finds romance and madness, survivors and sufferers, and, somewhere between the lanes, herself. Part road trip, part love story, Detour is a fast-paced, enduring memoir that demystifies mental illness while it embraces the universally human struggle to become whole.

### Detour: My Bipolar Road Trip in 4-D: Simon, Lizzie ...

To present Detour as one woman's journey to present a cross-section of other individual struggles with bipolar and a search for commonality across the U.S. would be a wretched disservice to the book. (In fairness to the author, about 3/4 of the way thro As a memoir of self-discovery and mental illness, Detour is a stand-out in the genre, better by far than Marya Hornbacher's maddening and self-indulgent Madness .

### Detour: My Bipolar Road Trip in 4-D by Lizzie Simon

Detour is the extraordinary first book by Lizzie Simon, a twenty-three-year-old woman with bipolar disorder. We meet her as she is set to abandon her successful career as a theatrical producer in New York City, with plans to hit the road and find other bipolars like herself -- young, ambitious, opinionated, and truth-seeking.

### Detour: My Bipolar Road Trip in 4-D: Simon, Lizzie ...

A finely wrought memoir of mental health, Detour takes a genre explored by Susanna Kaysen and Kay Redfield Jamison and propels it in a revelatory and rebellious new direction. Detour is the extraordinary first book by Lizzie Simon, a twenty-three-year-old woman with bipolar disorder. We meet her as she is set to abandon her successful career as a theatrical producer in New York City, with plans to hit the road and find other bipolars like herself -- young, ambitious, opinionated, and truth ...

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### DETOUR by Lizzie Simon | Kirkus Reviews

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### Detour: My Bipolar Road Trip in 4-D book by Lizzie Simon

Detour began another part of her journey with this illness. She interviewed six other young successful people with bipolar disorder all between ages 16 and 30 chronicling their stories and asking them for advice on how they cope and deal with parents, coworkers, teachers, and friends.

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### Detour: My Bipolar Road Trip in 4-D: Simon, Lizzie ...

My name is Lizzie Simmon. I'm the author of Detour, My Bipolar Road Trip in 4-D and I live with bipolar disorder. For me, exercise really helps me manage my moods; even though I'm on treatment I do...

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