



# Expecting the Broken Brain to Do Mental Pushups: A Personal Journey to Understanding Schizophrenia and Depression Dave Elder

September 18, 2012

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**Description:** An honest and compelling chronicle of a decades-long journey through layers of confusion about psychiatry and psychology comes full circle and takes an extra bounce to finally land at two separate points of simple understanding. Dave Elder draws a very readable map of the side roads and dead ends that he followed in his search for a clear definition of the terms *schizophrenia* and *clinical depression*, and their real-world meanings to a caregiver for someone suffering from one of these conditions. September 18, 2012

## Quotes from Reviews

“I would recommend this book to anyone who wants to understand how a broken brain works and how difficult it is to mend it.”

– Nurse nancy (from Amazon.com)

“If someone close to you suffers from schizophrenia, depression or bipolar disorder, you owe it to yourself to get a copy of *Expecting the Broken Brain to Do Mental Pushups*.”

– Geras Zmogus (from Amazon.com)

“Dave Elder’s new book *Expecting the Broken Brain to Do Mental Pushups* should be on your required reading list if you are about to begin your career as a psychiatrist.”

– With-a-T (from Amazon.com)

“It’s a *must read* for anyone and everyone. You’ll gain an inside perspective of mental health illness and you’ll see it in a whole new way... This book is way beyond heartwarming — it resonates at a much more profound level.”

– SRT and SpR Practitioner Nancy Propsner

“Quietly and thoughtfully, the author makes an impassioned argument for how we must treat those among us who suffer these *broken brains*.”

– entertaining guest (from Amazon.com)

“Take the journey along with Dave and then read the two poems at the end that will enlighten you even more.”

– Fran Lewis at *Just Reviews*

**About the Author:** Writer, musician and filmmaker Dave Elder focuses his creative urges on spreading a message of peace and understanding that takes many forms. He wrote a book about schizophrenia and depression with the hope that sharing his own experiences and lessons learned could help to broaden the cultural dialogue around mental health.



**For more information about the book:** [www.mentalpushups.com](http://www.mentalpushups.com)  
**Media Inquiries:** Dave Elder • [dave@mentalpushups.com](mailto:dave@mentalpushups.com) • 347-232-1082