



**FOR IMMEDIATE RELEASE
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Writer Wants Schizophrenia, Depression and Bipolar Disorder to Be Better Understood

Vestal, NY — March 28, 2024 — Filmmaker and musician Dave Elder releases the second edition of his book *Expecting the Broken Brain to Do Mental Pushups: A Personal Journey to Understanding Schizophrenia, Depression and Bipolar Disorder*, in which he tells a compelling personal story - one that took more than four decades to complete but which he condenses into a short space of about one hundred and fifty pages.

Elder's journey began well before his fourth birthday, when his mother started *hearing voices in her head* following the birth of his younger brother, and continued until he reached two separate points of clarity, the first with schizophrenia in the winter of 1997 and the second with clinical depression in the winter of 2002. In both cases, he found himself in the position of caregiver, and the focus required by that role led him to a moment where he suddenly saw quite clearly the shape and substance of the object he had formerly sought through layers of mystery.

Having reached a point of definitional clarity with schizophrenia and depression, and by extension an understanding of the essential nature of bipolar disorder as well, Elder began to notice both the quality and the quantity of misunderstanding of all of them which persists both among his personal circle and in western culture at large, as evidenced by references in popular media. At some point he concluded that he could write a book about his experiences as a caregiver, and that book might become a vehicle to help open up and widen the dialog about schizophrenia, clinical depression and bipolar disorder, for the purpose of bringing others to the kind of understanding that his own experiences brought him to in his life.

Expecting the Broken Brain to Do Mental Pushups takes the reader along on the side roads, detours and dead ends that are often a necessary part of the journey to reach the point of truly understanding schizophrenia, depression and bipolar disorder. While some of those who suffer from these brain chemistry afflictions have written significant journals of their experiences, such as Sylvia Plath's *The Bell Jar* (which Elder mentions in his book), and some noted psychiatric professionals have shared their expertise, such as Dr. Nancy C. Andreasen's landmark *The Broken Brain* (which Elder makes an oblique and respectful reference to in his own title), *Expecting the Broken Brain to Do Mental Pushups* stands out as a work produced from the point of view of the caregiver and non-professional observer of schizophrenia and depression.

Elder has crafted a compact and readable chronicle of lessons learned and mysteries finally explained in an engaging and easily-accessible style that he hopes can help to guide others, particularly those who find themselves in the caregiver role for a family member or friend with one of these conditions, but also for anyone else who wishes to widen their own basic understanding of the human brain.

Expecting the Broken Brain to Do Mental Pushups is available in paperback (\$10.00, ISBN: 979-8883007391) or Kindle (\$10.00, ASIN: B0CW1G5H41) at [amazon.com](https://www.amazon.com) and most other major online book retailers, and by special order at bookstores.

For more information, visit www.mentalphushups.com.

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