



Expecting the Broken Brain to Do Mental Pushups Edition 2: A Personal Journey to Understanding Schizophrenia, Depression and Bipolar Disorder Dave Elder

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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 on a few 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*, *clinical depression* and *bipolar disorder*, and their real-world meanings to a caregiver for someone suffering from one of these conditions. March 28, 2024

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: Filmmaker, musician and writer Dave Elder now makes his home in the upstate New York town where he grew up. In addition to promoting his new book and his 2011 video DVD *The View from Here*, he pursues other video projects as well as performing and recording as a solo singer-songwriter.



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