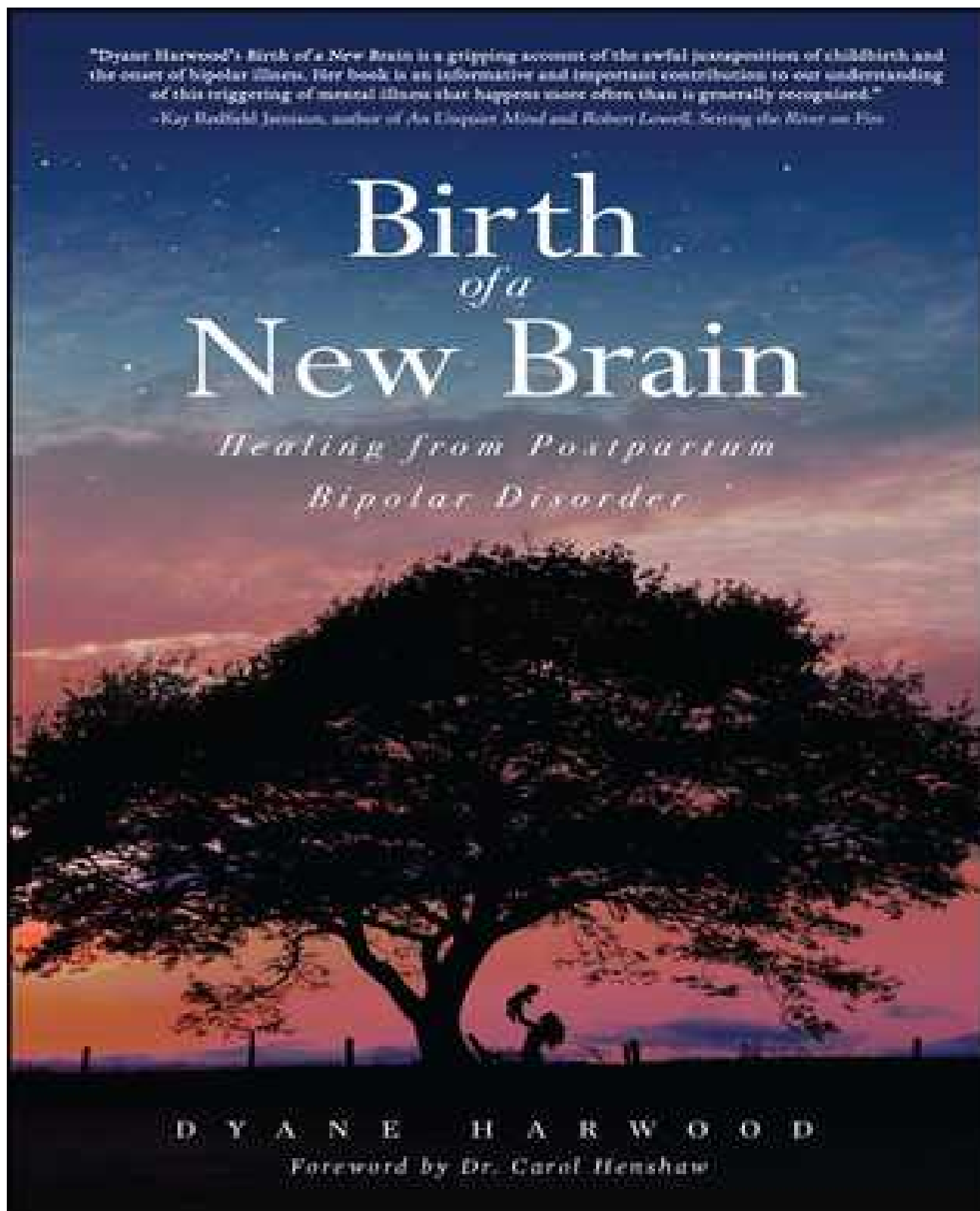
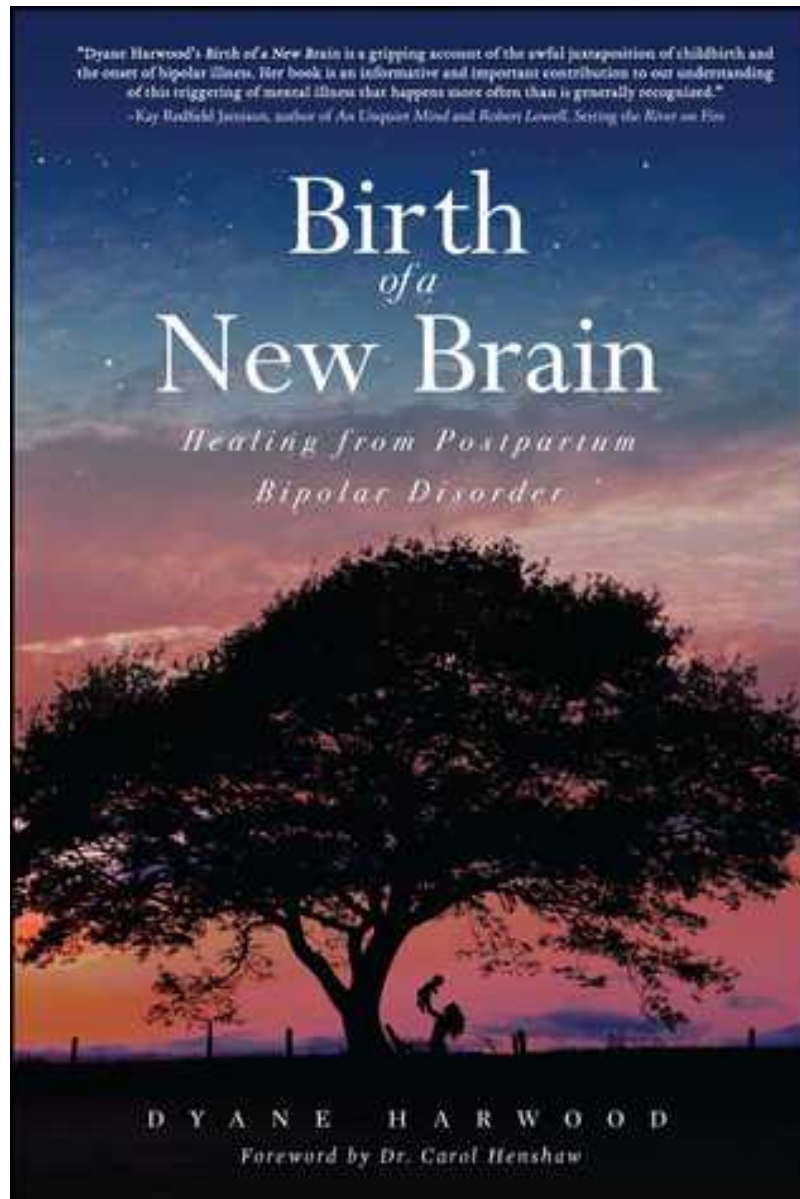


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**Birth of a New Brain: Healing from Postpartum Bipolar Disorder**  
by Dyane Harwood



## Synopsis:=====

When a new mother becomes manic overnight from a rare form of bipolar disorder, she stops at nothing to find the mental stability she needs to stay alive. After the birth of her baby triggers a manic maelstrom, Dyane Harwood struggles to survive the bewildering highs and crippling lows of her brain's turmoil. *Birth of a New Brain* vividly depicts her postpartum bipolar disorder, an unusual type of bipolar disorder and postpartum mood and anxiety disorder. During her childhood, Harwood grew up close to her father, a brilliant violinist in the Los Angeles Philharmonic who had bipolar disorder. She learned how bipolar disorder could ravage a family, but she never suspected that she'd become mentally ill until her baby was born. Harwood wondered if mental health would always be out of her reach. From medications to electroconvulsive therapy, from redwood forest baths to bibliotherapy, she explored both traditional and unconventional methods of recovery in-between harrowing psychiatric

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