



# Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart

*Derek Thompson*

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**Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart** Derek Thompson  
I figure that if I have to endure the worst parts of bipolar disorder, like psychosis, I get to laugh as much as possible along the way. *Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart* is the story of one Millennial's bipolar life, with moments ranging from the ridiculous to the terrifying to the hilarious. Blending pop culture references and cyberspeak with psychiatric terms, it combines the funny, conversational tone of *Sh\*t My Dad Says* with a nonlinear narrative structure similar to that of *Manic*.

The book began as a blog: if you had a delusional relationship with Britney Spears, wouldn't you brag about it to the entire world? To create the book, I organized the blog entries like a mood chart, a therapeutic tool which assigns colors to states of mind. The entries are divided into three sections, Depressed, Normal and Elevated, and cover the past three years: my psych ward getaways, my vision of fighting alongside Jesus at Armageddon, my attempts to find a woman who accepts that I sometimes lose my mind. Therapy "sessions" with a fictional psychiatrist provide my present-day reflections on each entry. (I had to create my ideal shrink because I tend to fight with the real ones.)

*Somewhere Over the Rainbow* will be the first humorous memoir about bipolar by a member of the Millennial Generation--today's young adults. My book's humor, cultural references and Internet origins will appeal to Millennials, now entering their twenties and thirties, as well as younger Gen Xers. More than an account of coming to terms with a mental health condition, it's a story of being young and feeling lost, dealing with heartbreak and still finding plenty to laugh about, no matter what happens.

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With this era which is the greater man or woman or who has ability to do something more are more important than other. Do you want to become one of it? It is just simple strategy to have that. What you must do is just spending your time not much but quite enough to enjoy a look at some books. One of many books in the top collection in your reading list will be Somewhere Over the Rainbow, I've Lost My Damn Mind: A Manic's Mood Chart. This book which is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upward and review this e-book you can get many advantages.

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