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*The Hypomanic Edge: The Link Between (a Little) Craziiness*

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and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a ...

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A hypomaniac only has a bipolar disorder if hypomania alternates, at some point in life, with major depression. This pattern, first identified only in 1976, is called bipolar disorder type II to distinguish it from bipolar disorder type I, the classic manic-depressive illness, which has been well known since the time of the ancient Greeks.

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The Hypomaniac Edge: The Link Between (A Little) Crazy and (A Lot of) Success in America [Gartner, John D.] on Amazon.com. \*FREE\* shipping on qualifying offers. The Hypomaniac Edge: The Link Between (A Little) Crazy and (A Lot of) Success in America

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Listen to "The Hypomaniac Edge The Link Between (A Little) Crazy and (A Lot of) Success in America" by John D. Gartner available from Rakuten Kobo. Narrated by Stephen R. Thorne. Start a free 30-day trial today and get your first audiobook free. Hypomania, a genetically based mild form of mania,

Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics—grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the

world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome, yet his arrogance made him despised by most of his scientific colleagues, even as he spurred them on to make great discoveries. While these men are extraordinary examples, Gartner argues that many Americans have inherited the genes that have made them the most successful citizens in the world.

The New York Times bestseller "A glistening psychological history, faceted largely by the biographies of eight famous

leaders . . .” —The Boston Globe “A provocative thesis . . . Ghaemi’s book deserves high marks for original thinking.”  
—The Washington Post “Provocative, fascinating.”  
—Salon.com Historians have long puzzled over the apparent mental instability of great and terrible leaders alike: Napoleon, Lincoln, Churchill, Hitler, and others. In *A First-Rate Madness*, Nassir Ghaemi, director of the Mood Disorders Program at Tufts Medical Center, offers a myth-shattering exploration of the powerful connections between mental illness and leadership and sets forth a controversial, compelling thesis: The very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln’s “depressive realism” to the lackluster leadership of exceedingly sane men as Neville Chamberlain, *A First-Rate Madness* overturns many of our most cherished perceptions about greatness and the mind.

What makes Bill Clinton tick? William Jefferson Clinton, the 42nd President of the United States is undoubtedly the greatest American enigma of our age -- a dark horse that captured the White House, fell from grace and was resurrected as an elder statesman whose popularity rises and falls based on the day's sound bytes. John Gartner's *In Search of Bill Clinton* unravels the mystery at the heart of Clinton's complex nature and why so many people fall under his spell. He tells the story we all thought we knew, from the fresh viewpoint of a psychologist, as he questions the well-crafted Clinton life story. Gartner, a therapist with an expertise in treating individuals with hypomaniac temperaments, saw in Clinton the energy, creativity and charisma that leads a hypomaniac individual to success as well as the problems with impulse control and judgment, which frequently result in disastrous decision-making. He knew, though, that if he wanted to find the real Bill Clinton he couldn't rely on armchair

psychology to provide the answer. He knew he had to travel to Arkansas and around the world to talk with those who knew Clinton and his family intimately. With his boots on the ground, Gartner uncovers long-held secrets about Clinton's mother, the ambitious and seductive Virginia Kelley, her wild life in Hot Springs and the ghostly specter of his biological father, Bill Blythe, to uncover the truth surrounding Clinton's rumor-filled birth. He considers the abusive influence of Clinton's alcoholic stepfather, Roger Clinton, to understand the repeated public abuse he invited both by challenging a hostile Republican Congress and engaging in the clandestine affair with Monica Lewinsky that led to his downfall. Of course, there is no marriage more dissected than that of the Clintons, both in the White House and on the Hillary Clinton presidential campaign trail. Instead of going down familiar paths, Gartner looks at that relationship with a new focus and clearly sees, in Hillary's molding of Clinton into a more disciplined politician, the figure of Bill Clinton's stern grandmother, Edith Cassidy, the woman who set limits on him at an early age. Gartner brings Clinton's story up to date as he travels to Ireland, the scene of one of Clinton's greatest diplomatic triumphs, and to Africa, where his work with AIDS victims is unmatched, to understand Clinton's current humanitarian persona and to find out why he is beloved in so much of the world while still scorned by many at home. John Gartner's exhaustive trip around the globe provides the richest portrait of Clinton yet, a man who is one of our national obsessions. *In Search of Bill Clinton* is a surprising and compelling book about a man we all thought we knew.

Using actual examples from history, this is a brilliant and irreverent piece of business writing. The strategies offered in this indispensable guide will help managers avoid the pitfalls of their predecessors, and help employees cope with all kinds

of bosses.

More than 30 years ago, Ronald R. Fieve, MD, gained national recognition for his pioneering treatment of what was then known as “manic-depression.” Since then, he has focused on patients with mild bipolarity, also known as Bipolar II. With the right treatment, these patients can turn their illness into an asset. In this groundbreaking book, Dr. Fieve presents a highly successful program that allows Bipolar II patients to harness the creativity and energy of their hypomanic “highs” while minimizing the potentially devastating “lows” of depression. Now with a new foreword explaining the most up-to-date research on the bipolar spectrum, *Bipolar Breakthrough* includes: -six stay-well strategies for anyone suffering from Bipolar II -the latest information on cutting-edge medications with fewer side effects -a special section on the complications of a bipolar diagnosis for pregnant women, children, and the elderly With results supported by thousands of patient histories, Dr. Fieve’s *Bipolar Breakthrough* is a landmark work that will help the millions of Bipolar II sufferers live better lives.

Understand and decode the inner workings of great business teams with the more than 30 in-depth examples in *Great Business Teams: Cracking the Code for Standout Performance*. Author Howard Guttman examines and dissects teams at top-management, business-unit, and functional levels and isolates five key factors that drive team performance to offer you insight into the ways these teams achieve success. Using this book, go directly to the marketplace to scrutinize teams in a variety of industries, evaluating the challenges they face and the methods they choose to manage these challenges.

Seven years ago, John McManamy was diagnosed with bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In *Living Well with Depression and Bipolar Disorder*, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on: Diagnosing the problem Associated illnesses and symptoms Treatments, lifestyle, and coping The effects of depression and bipolar disorder on relationships and sex With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, *Living Well with Depression and Bipolar Disorder* will help sufferers begin to reclaim their lives.

Creators are complexly wired. In their lightest moments, they are passionate, ambitious, intuitive, and possess a host of other bright qualities. But entrepreneurial spirits are often victim of a darker side of their nature: They are particularly prone to mental health issues, stress-related illness, and other vulnerabilities of mind, body, and spirit. The media has breathlessly chronicled the peaks and valleys of today's creators—glorifying their strengths and villainizing their weaknesses—not realizing that the light and dark within entrepreneurs are two sides of the same coin. *Wired This Way* explores why the mental, emotional, physical, and spiritual distress among creators is not an indication of brokenness, but of a rich inner complexity that's prone to imbalance. A creator's struggles and strengths are one in the same, and the solution doesn't come from without, but from within. Using the wisdom of 10 creator archetypes found

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within the entrepreneurial spirit—the Curious, Sensitive, Ambitious, Disruptive, Empowered, Fiery, Orderly, Charming, Eager, and Existential Creator—readers will learn how to integrate the light and dark qualities of each archetype for mental, emotional, physical, and spiritual well-being. Rooted in psychology, neuroscience, mindfulness, and ancient wisdom traditions, *Wired This Way* is a user's manual for self-understanding, self-acceptance, and self-care as an entrepreneurial spirit.

IN A 24/7/365, SECOND-BY-SECOND NEWS ENVIRONMENT, SAVVY OPERATORS REALIZE THERE ARE NEW WAYS TO GENERATE MEDIA ATTENTION. The rules have changed. The traditional PR model—sticking closely to a preset script and campaign timeline—no longer works the way it used to. Public discourse now moves so fast and so dynamically that all it takes is a single afternoon to blast the wheels off someone's laboriously crafted narrative. Enter newsjacking: the process by which you inject your ideas or angles into breaking news, in real-time, in order to generate media coverage for yourself or your business. It creates a level playing field—literally anyone can newsjack—but, that new level favors players who are observant, quick to react, and skilled at communicating. It's a powerful tool that can be used to throw an opponent or simply draft off the news momentum to further your own ends. In *Newsjacking*, marketing and PR expert and bestselling author David Meerman Scott offers a quick and punchy read that prepares you to launch your business ahead of the competition and attract the attention of highly-engaged audiences by taking advantage of breaking news. Newsjacking will provide you with: Tools that you can use to monitor the news Case studies and examples that demonstrate how to strike at the right time Information on how to make your content

available online for journalists to find The potential risks of newsjacking Keys to developing the real-time mindset required to succeed with the strategies presented in the book Newsjacking is powerful, but only when executed in real-time. It is about taking advantage of opportunities that pop up for a fleeting moment then disappear. In that instant, if you are clever enough to add a new dimension to the story in real-time, the news media will write about you.

What would George Washington do about weapons of mass destruction? How would Benjamin Franklin feel about unwed mothers? What would Alexander Hamilton think about minorities in the military? Examining a host of issues from terrorism to women's rights, acclaimed historian Richard Brookhiser reveals why we still turn to the Founders in moments of struggle, farce, or disaster. Washington, Franklin, Jefferson, Hamilton, Madison, Adams and all the rest have an unshakable hold on our collective imagination. We trust them more than today's politicians because they built our country, they wrote our user's manuals-the Declaration of Independence, the Constitution-and they ran the nation while it was still under warranty and could be returned to the manufacturer. If anyone knows how the U.S.A. should work, it must be the Founders. Brookhiser uses his vast knowledge to apply their views to today's issues. He also explores why what the Founders would think still matters. Written with Brookhiser's trademark eloquence and wit, while drawing on his deep understanding of American history, *What Would the Founders Do?* sheds new light on the disagreements and debates that have shaped our country from the beginning. Now, more than ever, we need the Founders-inspiring, argumentative, amusing know-it-alls-to help us work through the issues that divide us.

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