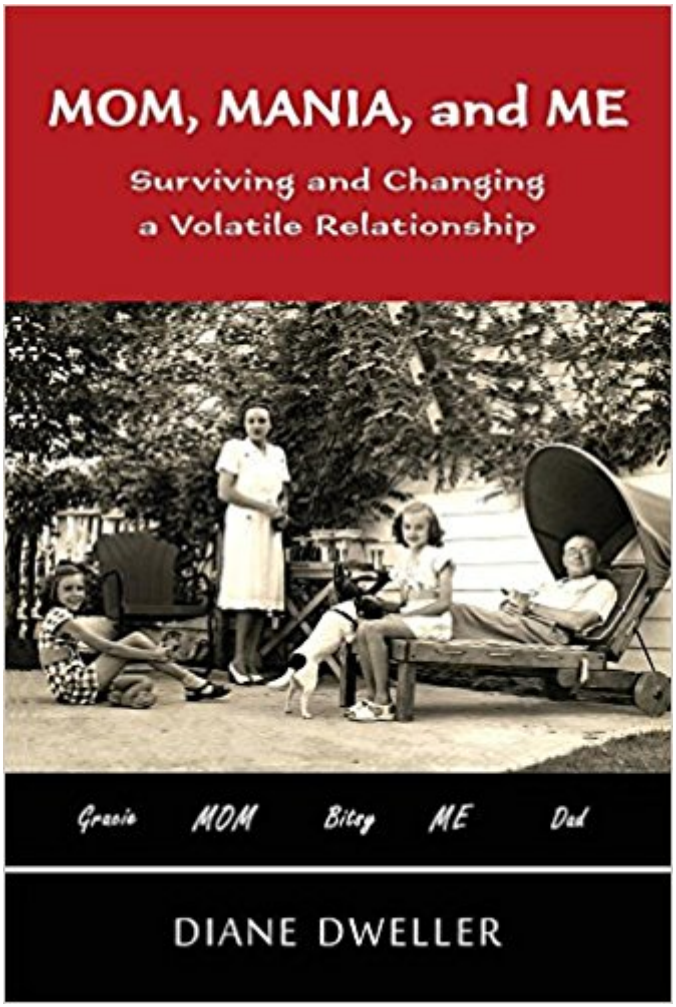
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Mom, Mania, And Me: Surviving And Changing A Volatile Relationship



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Synopsis

FINALIST Tucson Festival of Books Competition TROPHY AWARD Australian NNAAMI and WAYMI Hope and heartbreak describe Diane Dweller's struggles to improve her dysfunctional relationship with Dixie, her mother. Dixie has periodic spells that start with laughter, parties, and shopping. The fun stops when her actions spiral into manic, bipolar episodes that devastate Diane. Will Diane, a scared child, intimidated teen, and insecure adult ever stand up to Dixie? Or gain her approval? How can Diane let go of negative memories and change this turbulent mother-daughter relationship? A series of startling events help Diane discover what works, what doesn't. Informative and inspiring, this poignant memoir of coping and changing provides hope to others in volatile relationships. Includes Book Club Questions and Mental Health Facts, Data and Resources. EDITORIAL REVIEW Diane Dweller's book Mom Mania and Me is an account of her life coping with her mother Dixie. Her book is a magnificent achievement even for such an accomplished author. Growing up in Texas with a doctor father and nurse mother, Diane recounts the story of great survival against the odds. Dixie was the unstoppable ever-on-the-go-party planner and organizer, high in mania from a bipolar illness. She is organizing everyone, shopping incessantly, buying cars and speeding everywhere. Diane recounts with passion her mother's absurd antics which take a huge toll on family and friends. Diane seeks and finds ways to escape the trauma of Dixie's 'Scary Mom' outbursts of physical and emotional abuse. From a traumatic, devastating, roller coaster ride of a life, Diane manages to gain greater understanding about her mother. She develops survival behaviors and discovers significant insights into managing her mother. With greater self-esteem and confidence she overcomes fears and her burden of pain. By sheer determination and courage Diane has triumphed over her highly critical mother who was rarely medication compliant. Diane shares several gems of wisdom. Diane's experience highlights significant ways in managing a parent with mental illness. Wonderfully written, Diane's compelling account of her childhood struggle with her moms' mania/bipolar illness is highly recommended. Anyone managing a parent with a mental illness and all those who know someone experiencing mental illness will appreciate the insights Diane shares with us in 'Mom, Mania, and Me.' Professionals in the fields of Mental Health, Justice, Family Welfare and Family Violence must read this book. - Mr. Paul Mckillop, Convenor of NNAAMI and WAYMI NNAAMI and WAYMI are Australian organizations offering support to adult and adolescent children with a mentally ill parent.

Book Information

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Customer Reviews

"In Mom, Mania, and Me, Diane Dweller takes us on a heroic and unflinching look at the challenging reality of growing up with a mentally ill and abusive mother. This page-turner offers more than a simple account of her difficult childhood-Diane offers her hard-earned wisdom and insights into how to cope, thrive, and ultimately create a positive relationship with ourselves and the parent who caused us pain. A poignant, inspiring, and informative must-read." - Virginia A. Simpson, Ph.D., FT, Bereavement Care Specialist and author of The Space Between: A Memoir of Mother-Daughter Love at the End of Life "An intimate portrayal of growing up with a mentally ill mother, Mom, Mania, and Me will be validating and inspiring for others who walk this path. We see not only the devastating impacts of a lack of maternal love but also the healing that can happen as we grow beyond the past." - Jasmin Lee Cori, MS, LPC, author of The Emotionally Absent Mother "With poignant and insightful writing, Dweller’s story is one of heart break, loss, and the power to endure as long as it takes to find compassion. ... Dramatic final scene ... Worth Your Time" - Psych Central, Claire Nana, Reviewer "This beautifully written memoir reveals what occurs in the heart and mind of a daughter trying to cope with her mentally ill parent." - Susan Forward, Ph.D. author of Toxic Parents and Mothers Who Can’t Love "This book is a must read for all families suffering from bipolar mental disease, as it is the personal story of a daughter’s life, and challenges with her mother with Mania. This book is a courageous act as a service to others, and I, as a parent of a daughter with bipolar, and schizophrenia, and substance abuse, the story rings true to me, with its honest, well-crafted prose." Nancy P. Masland, Ed.S , Advisory Board of NAMI-SA, former Trustee of the National Alliance of the Mentally Ill, and co-founder of the AZ state NAMI. Author of House of Heart

and Heartbreak- story of a daughter’s struggle with serious mental illness and substance abuse.

Diane Dweller is an optimistic survivor. Her ability to survive began in childhood growing up with a mentally ill mother. Scared, intimidated, and insecure, Dweller became determined to succeed-to show that she could do something right. And succeed she does as the author of a nationally acclaimed book published by Simon & Schuster. She has been a columnist for "The New York Daily News" and appeared on "CBS This Morning," CNBC, NBC, LIFETIME, QVC, and FOX shows. A graduate of Texas Tech and Stanford University, Dweller is married, and the mother of three.

From the ashes of despair, the phoenix rises in Diane Dweller’s story of her relationship with Dixie, the bipolar mother plagued by frequent manic episodes. Imagine the child confused by scary Mom one day, a few days later delighted by a shopping spree with light-hearted Mom; a child longing for hugs only to receive criticism. Diane bares details of a disastrous first marriage, her self-recrimination further burdened by Dixie’s fault-finding. Only an indomitable spirit could journey on to educate herself about bipolar illness in order to understand and try to make peace with Dixie while overcoming low-esteem to achieve personal success in life. Success did not earn praise from her mother. Diane’s never-ending efforts to rise above the discordant relationship with her mother compels readers to the end.

I am a Registered Dietitian by profession with a Masters Degree in health education. Before retirement I worked in many healthcare and business-industry settings as well as teaching in post baccalaureate training programs for future dietitians. This book is well written, engaging, and instructive for anyone interested in learning more about the secret, non public lives of bipolar individuals and the children who live with them. For those dietitans practicing in behavioral health, the book will help you to better advise/counsel bipolar patients who simultaneously need nutrition interventions for their diabetes, elevated lipids, high blood pressure, weight loss-weight gain. Excellent references are included. I highly recommend "Mom, Mania, and Me" for every health professional’s library.E.Smart, MA, RD, AHCFA

Taking the stigma of her mother’s mental illness, the volatility it caused in the family, and exposing it in a well-written and thoughtful manner was a true act of courage by Diane Dweller. As I read the book, I found myself shaking my head affirmatively, saying to myself, "Now that makes sense...now I understand." For persons in my generation, so many obstacles were placed on those who

struggled with family members who faded into the darkness of mental illness. I'm grateful to learn that my family was not alone in our struggles. While it's still not something that we talk about collectively at family reunions, I've found personal peace after reading Diane's insightful book. I plan to leave a copy on the coffee table at the next reunion in hopes that it initiates a long-needed conversation towards healing.

Diane Dweller's Mom, Mania, and Me is a timely book. At least 60 million people are directly or indirectly affected by bipolar disorder in the U.S. alone (Lancet, May 2013). Though a serious story, it is written with love and bits of humor. Anyone close to a bipolar relative, friend or even estranged parent will find DwellerÃƒÂ¢Ã â ¬Ã â„¢s memoir more than informative. It is a source of understanding, hope, and inspiration.- John Floyd, MD

This is such a timely book and so greatly needed. Enormous strides have been made in the diagnosis and care of the mentally ill. However, so many of their families and loved ones suffer in the dark shadows of this illness, the forgotten souls of bone chilling abuse and neglect. With her book, Diane Dweller courageously speaks out in a most personal and touching manner about her horrific childhood so that a more open conversation might begin about mental illness. Until we acknowledge and talk about the hurts in our hearts and minds, the healing process will either not begin or be incomplete. We owe Diane a debt of gratitude for sharing her story in depth, authenticity, and with compassion. Thank you, Diane.

Diane Dweller gives a moving account of the cruel consequences of being the target of her mother's manic behavior throughout her life. She explains the negative impacts of these attacks and how she learned to gain self-esteem, becoming a successful businesswoman. Eventually she even received gestures of love from her mother -- something she had always longed for but had never experienced.This book will tug at your heartstrings.

An inside look at what family members experience when living with a bipolar parent. An excellent, and easy to read, book for anyone who has a family member or personal friend with this illness. Diane's writings are obviously written from her heart, and show the pain and trauma of her childhood. It is ensuring to know that she was able to conquer the pain of her childhood, and gives hope to all who experience life with a seriously mentally ill family member.

This book opened my eyes to the challenges of living with someone who is bi-polar. It is particularly important that we all watch out for the children of bi-polar parents. Not everyone can overcome a childhood like Diane's. Reading the book, I just wanted to give Diane a big hug - something she didn't get from her own mother.

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