



Professional Patient: A Memoir of Bipolar Disorder

Leesa Abbott

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As a psychologist and an individual with mental health problems, Leesa Abbott knows first-hand how difficult both of these can be. During her career, she has worked in prisons, schools, private mental health clinics, and universities. As a patient, she's been on medications, therapy couches, and mental health wards. Using life-events to show her decline into mental illness, *Professional Patient* illuminates an all-too-common tragedy . . . a denial of mental health issues and avoidance of help from outsiders. From significant traumas, to anorexia, substance abuse, anxiety attacks, obsessive-compulsive disorder, and facing bipolar disorder, this memoir uncovers her lifelong struggle to survive on both sides of mental illness. The secrecy, shame, stigma, and every emotion in between that she has felt are unveiled in this intriguing look at dealing with mental illness while treating others at the same time.

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