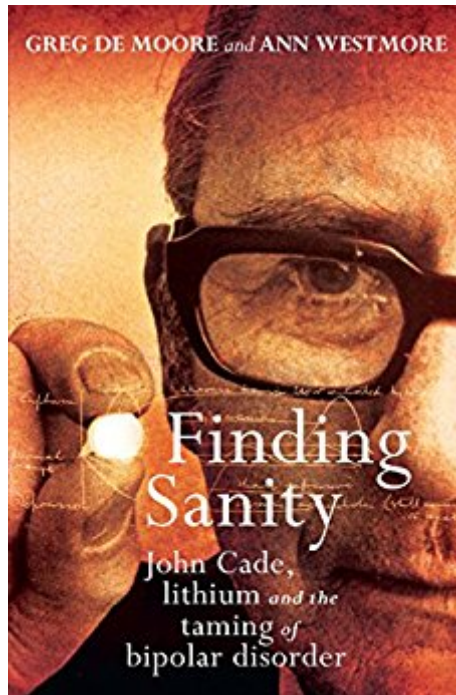


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# Finding Sanity: John Cade, Lithium And The Taming Of Bipolar Disorder



## Synopsis

For most of human history, mental illness has been largely untreatable. Sufferers lived their lives - if they survived - in and out of asylums, accumulating life's wreckage around them. In 1948, all that changed when an Australian doctor and recently returned prisoner of war, working alone in a disused kitchen, set about an experimental treatment for one of the scourges of mankind - manic depression, or bipolar disorder. That doctor was John Cade and in that small kitchen he stirred up a miracle. John Cade discovered a treatment that has become the gold standard for bipolar disorder - lithium. It has stopped more people from committing suicide than a thousand help lines. Lithium is the penicillin story of mental health - the first effective medication discovered for the treatment of a mental illness - and it is, without doubt, Australia's greatest mental health story.

## Book Information

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## Customer Reviews

I have postpartum bipolar/bipolar, peripartum onset and I take lithium; it has been a total lifesaver.

I've always been curious about the doctor who discovered the use of lithium for bipolar disorder, so I was thrilled when I found out about this book. While I was disappointed with the high purchase price, I found it was a worthwhile investment to learn about Dr. John Cade and the salt that has

enabled me to have a full life again. The authors did an extremely thorough job of presenting Dr. Cade's life by researching & citing original source material, and interviewing his close living relatives. It's an excellent, high-quality book. Dyane Harwood, author, "Birth of a New Brain - Healing from Postpartum Bipolar Disorder" Member, International Society of Bipolar Disorders, Huffington Post Blogger foreword by Dr. Carol Henshaw (co-author of "The Modern Management of Perinatal Psychiatry") Post Hill Press, October, 2017

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