



Titre : Riding the Roller Coaster
Living with mood disorders

Auteur : Marja Bergen

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Résumé/verso

Mood disorders, such as depression and manic depression, affect up to 10% of the population. Marja Bergen is one of those people. Over the 30 years that she has had manic depression, she has gradually adopted a lifestyle that makes it possible not only to cope, but to live a full and productive life. *In Riding the Roller Coaster*, she shares very practical tips on such things as escaping the blues before they grab you, what to do when you don't feel like doing anything, and keeping life stable.

This excellent first person account is filled with encouragement for those managing mood disorders. It delivers understanding, insight and very tangible strategies on how to overcome the difficulties of depression and manic depression. Marja Bergen gives us a very human perspective drawn from her experiences. Her path to recovery is exciting and positive.

Robert Winram, Executive Director
Mood Disorders association of BC

Many people with mood disorders will identify with the experiences Bergen recounts. As well, this book should be very helpful for family members who are trying to understand what their loved ones are going through.

Raymond W. Lam, M.D., FRCP(C)

Marja Bergen is an award-winning photographer and freelance writer. Her articles have appeared in *The Vancouver sun*, and *Fellowship Magazine*. In 1994/95, she served on the editorial committee of *Moments*, published by the Canadian Mental Health Association. She lives in Vancouver.