



# Nightmares & Bliss - Journeys Into Bipolar Mania

*Ph. D. Suzanne V. Brown*

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Nightmares & Bliss is Dr. Suzanne Brown's second book, a memoir about her experiences ascending into the heights of bipolar mania. Suzanne's first book, *Blue Hills Diary: Mystical Journey into Mania* was written sixteen years earlier when she was in the throes of a manic high. In contrast, *Nightmares & Bliss* attempts to answer those questions bipolar manic-depressive people have about their far-flung experiences. This story documents Suzanne's over-the-top manias resulting in four traumatic hospitalizations. Suzanne shares her developing episodes, her addictions to self-medicate, and her many ventures beyond the veil, including meaningful coincidences, mystical experiences and dramatic shifts of consciousness. *Nightmares & Bliss* is one book for people who want to better understand the bipolar person's varying dimensions of awareness, bizarre choices, and inner psyche.

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