



# **Radical Psychological Mood Shifts: REVVED UP! IDLED DOWN "Off the Curb Revelutions" of a Manic Depressive**

*Patty R Gradsky*

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## **Radical Psychological Mood Shifts: REVVED UP! IDLED DOWN "Off the Curb Revelutions" of a Manic Depressive** Patty R Gradsky

Radical Psychological mood shifts, Revved-Up! Idled Down, the "off-the-curb" Revelutions, of a manic depressive, is the revealing, personal life of the author, along with information and inspiration in dealing with bipolar disorder. The title is also a reference to "revolutions- per- minute", or RPM'S. It's that "surging high" of being "revved-up!", or the low of being "idled down" and immobilized. It's what psychiatrists call the obligatory consequence, the "up and" down" syndrome. An example is a rubber ball. When you throw it down, it's obliged to go up, and then come back down. In tandem with that, I knew that to the extent of my "high", it would be in direct proportion to my "low". It became a gauge. Radical Psychological Mood Shifts is one individual's thoughts, feelings, and experiences to provide insight, information, hope and a possible direction for changing destructive thoughts and behavior. The book is intended to give a lift - not a cure - for people with a mood disorder. It's not meant to replace a diagnosis by a trained, qualified psychiatrist or psychologist.

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