

# [PDF] Perfect Chaos: A Daughter's Journey To Survive Bipolar, A Mother's Struggle To Save Her

Cinda Johnson, Linea Johnson - pdf download free book

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#### Books Details:

Title: Perfect Chaos: A Daughter's J  
Author: Cinda Johnson, Linea Johnson  
Released: 2012-05-08  
Language:  
Pages: 336  
ISBN: 0312581823  
ISBN13: 978-0312581824  
ASIN: 0312581823

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**Description:**

**Review**

"*Perfect Chaos* is an open-eyed, sometimes raw, always astoundingly honest account of a family's unanticipated battle with mental illness. Cinda and Linea's awe-inspiring resilience and the sheer courage of their emotional transparency moved me to my core and deepened my empathy for all those touched by mental illness, including beloved members of my own family. It is about the fierce, transformative love between a mother and daughter and how they both learn to share their truths." - Glenn Close, Actress and Co-founder, Bring Change 2 Mind

"*Perfect Chaos* is an important gift to those of us who love someone with a mental disorder. A daughter diagnosed with bipolar disorder and her determined mother take us on their often-painful journey to recovery, giving readers a penetrating look into what happens when mental illnesses strike. This inspirational book teaches us the importance of determination, resilience, love and HOPE. It is a testament to the human spirit that refuses to be defeated by a brain disorder -- a must read." --Pete Earley, author of *CRAZY: A Father's Search Through America's Mental Health Madness*, finalist for the Pulitzer Prize

"*Perfect Chaos* is a memoir of a daughter and mother working together to overcome the daily challenges of living with a mental illness. Through their trials and triumphs, their story provides encouragement and hope for individuals and their families affected by these illnesses."--Former First Lady Rosalynn Carter, founder of the Carter Center Mental Health Program and author of *Within Our Reach: Ending the Mental Health Crisis*

"A remarkable story about remarkable women! Linea and Cinda brilliantly light a path to hope, understanding, and acceptance as they smash through the stigma of brain illness. Be inspired by the strong voice they give to patients, relatives, care-givers, and especially to those unable or afraid to show their wants, needs, hope." --Patrick J. Kennedy, Former US Congressman and Co-Founder, One Mind for Research

"*Perfect Chaos* is as much a map as it is a memoir, a powerful resource for families and individuals navigating the confusing and painful world of bipolar and mental illness. The dual-narrative of mother and daughter allows for twice the insight and inspiration. From the giddiness of mania, to the crushing depression and yearning to end it all, Linea captures the experience of being bipolar with raw honesty and a fresh voice. Cinda's passages illuminate her life on the sidelines, alternately feeling determined and unshakable or heartbroken and helpless. Her refusal to give up on her daughter, and Linea's will to live, resulted in *Perfect Chaos*, a brave and realistic, yet life-affirming message of hope to families and individuals living with mental illness." --Claire Fontaine and Mia Fontaine, authors of *Come Back: A Mother and Daughter's Journey through Hell and Back*

"PERFECT CHAOS is the definition of mental illness. I read most of Cinda and Linea's words with tears in my eyes. Living with bipolar disorder myself I didn't find one untrue word, not one exaggeration in this exemplary book, only the truth. This brave and honest book will educate people who have little understanding of mental illness and allow those who live with mental illness a knowing that they are not alone. I have a feeling I'll be buying PERFECT CHAOS by the case to distribute to those who don't understand." --Jessie Close, Co-founder, Bring Change 2 Mind

"A simultaneously painful and inspiring page-turning." --Kirkus

"Definitely a must-read. . . a well written, clearly told, inspiring story." -*Examiner.com*

"The journey for Linea and her family is a moving and hopeful one, as they better understand how she reacts to the illness, and realize that being bipolar is only a part of someone's life, not the whole."

-*Publisher's Weekly*

"Lyrically written with razor-sharp honesty, *Perfect Chaos* is the story of Linea's day-to-day fight with bipolar disorder and her astounding efforts to piece together her life and achieve her own stability and independence." --*SheKnows*, Parenting

### **About the Author**

Linea Johnson is a recent graduate from Seattle University, with a major in English and Creative Writing. Prior to transferring to SU, she completed three years at Columbia University, Chicago, in a musical performance program. Linea recently worked as an intern at the World Health Organization in the Mental Health department. She is a national speaker and writer, advocating for understanding and support for people with mental illness and the elimination of stigma.

Cinda Johnson, Ed.D., is a professor and director of the special education graduate program at Seattle University. She is also the principal investigator and director of the Center for Change in Transition Services (<http://www.seattleu.edu/ccts>). She is a national leader in the area of transition from high school to post-high school settings for young people with disabilities. She has written articles and book chapters in the area of secondary special education and transition services including youth with emotional and behavioral disorders and mental illnesses.

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