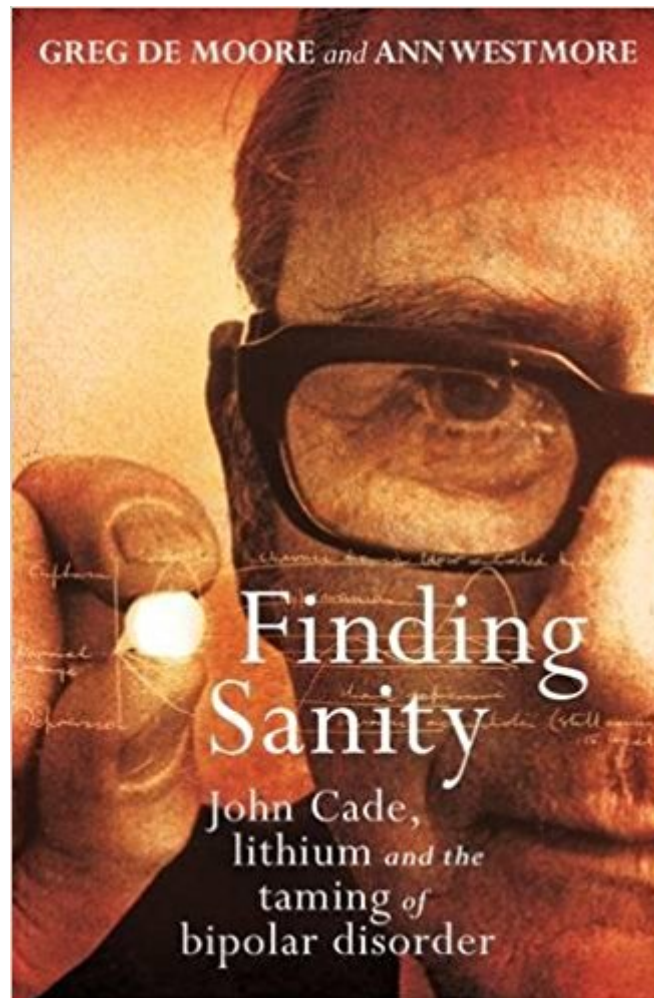




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# Finding Sanity: John Cade, Lithium And The Taming Of Bipolar Disorder



## Synopsis

In 1948, there was no medication for bipolar illness. Sufferers from the illness would live their lives – if they survived – in and out of asylums accumulating life's wreckage around them. But late in 1948 that changed, when an Australian doctor, John Cade, discovered a treatment that has become the gold standard for bipolar illness – lithium. John Cade changed the course of medicine with his discovery of lithium; yet today most doctors have never heard of his name. His discovery has stopped more people from committing suicide than a thousand help lines, yet few counselors know of him. And it has saved hundreds of billions of dollars in health care costs – enough to rival a nation's economy – but you can bet that no politician has the slightest idea of who John Cade was. Lithium is the penicillin story of mental health; the first effective medication discovered for the treatment of a mental illness; and a great story in the history of mental health.

## Book Information

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## Customer Reviews

This is strong, thorough biographical writing, woven from multiple perspectives, humorous and fascinating. \* Australian Book Review \*

Greg de Moore is an Associate Professor of Psychiatry based at Sydney's Westmead Hospital. He is the author of Tom Wills, which was short-listed for and won numerous awards, including the National Biography Award. Ann Westmore is an Honorary Fellow in the Health

Humanities and Social Science Unit, School of Population and Global Health, the University of Melbourne.

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. It was inspiring to learn about Dr. John Cade and the salt that has helped me 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 10, 2017

This is a well written, excellent story about the discovery of lithium's ability to control manic depression. Lithium was the first medication to be successfully used in mental health and dramatically improved mental asylums across the globe.

Loved it, so accurately real. His attitudes were decades ahead of his time and presented delightfully. Totally absorbing, May not be so gripping if you have not worked in medicine.

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