



# Mom, Mania, and Me: Surviving and Changing a Volatile Relationship

By Diane Dweller

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**Mom, Mania, and Me: Surviving and Changing a Volatile Relationship** By Diane Dweller

**FINALIST Tucson Festival of Books Competition**

**TROPHY AWARD** Australian NNAAMI and WAYMI

Hope and heartbreak describe Diane Dweller's struggles to improve her dysfunctional relationship with Dixie, her mother. Dixie has periodic spells that start with laughter, parties, and shopping. The fun stops when her actions spiral into manic, bipolar episodes that devastate Diane.

Will Diane, a scared child, intimidated teen, and insecure adult ever stand up to Dixie? Or gain her approval? How can Diane let go of negative memories and change this turbulent mother-daughter relationship? A series of startling events help Diane discover what works, what doesn't.

Informative and inspiring, this poignant memoir of coping and changing provides hope to others in volatile relationships.

Includes Book Club Questions and Mental Health Facts, Data and Resources.

## EDITORIAL REVIEW

Diane Dweller's book *Mom Mania and Me* is an account of her life coping with her mother Dixie. Her book is a magnificent achievement even for such an accomplished author.

Growing up in Texas with a doctor father and nurse mother, Diane recounts the story of great survival against the odds.

Dixie was the unstoppable ever-on-the-go-party planner and organizer, high in mania from a bipolar illness. She is organizing everyone, shopping incessantly, buying cars and speeding everywhere. Diane recounts with passion her mother's absurd antics which take a huge toll on family and friends. Diane seeks and finds ways to escape the trauma of Dixie's 'Scary Mom' outbursts of physical and emotional abuse.

From a traumatic, devastating, roller coaster ride of a life, Diane manages to gain greater understanding about her mother. She develops survival behaviors and discovers significant insights into managing her mother. With greater self-esteem and confidence she overcomes fears and her burden of pain. By sheer determination and courage Diane has triumphed over her highly critical mother who was rarely medication compliant. Diane shares several gems of wisdom.

Diane's experience highlights significant ways in managing a parent with mental illness.

Wonderfully written, Diane's compelling account of her childhood struggle with her mom's mania/bipolar illness is highly recommended. Anyone managing a parent with a mental illness and all those who know someone experiencing mental illness will appreciate the insights Diane shares with us in 'Mom, Mania, and Me.'

Professionals in the fields of Mental Health, Justice, Family Welfare and Family Violence must read this book.

- Mr. Paul Mckillop, Convenor of NNAAMI and WAYMI

NNAAMI and WAYMI are Australian organizations offering support to adult and adolescent children with a mentally ill parent.

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### **Editorial Review**

#### **Review**

"In Mom, Mania, and Me, Diane Dweller takes us on a heroic and unflinching look at the challenging reality of growing up with a mentally ill and abusive mother. This page-turner offers more than a simple account of her difficult childhood-Diane offers her hard-earned wisdom and insights into how to cope, thrive, and ultimately create a positive relationship with ourselves and the parent who caused us pain. A poignant, inspiring, and informative must-read." - Virginia A. Simpson, Ph.D., FT, Bereavement Care Specialist and author of *The Space Between: A Memoir of Mother-Daughter Love at the End of Life*

"An intimate portrayal of growing up with a mentally ill mother, Mom, Mania, and Me will be validating and inspiring for others who walk this path. We see not only the devastating impacts of a lack of maternal love but also the healing that can happen as we grow beyond the past." - Jasmin Lee Cori, MS, LPC, author of *The Emotionally Absent Mother*

"With poignant and insightful writing, Dweller's story is one of heart break, loss, and the power to endure as long as it takes to find compassion. ... Dramatic final scene ... Worth Your Time" - Psych Central, Claire Nana, Reviewer

"This beautifully written memoir reveals what occurs in the heart and mind of a daughter trying to cope with her mentally ill parent." - Susan Forward, Ph.D. author of *Toxic Parents and Mothers Who Can't Love*

"This book is a must read for all families suffering from bipolar mental disease, as it is the personal story of a daughter's life, and challenges with her mother with Mania. This book is a courageous act as a service to others, and I, as a parent of a daughter with bipolar, and schizophrenia, and substance abuse, the story rings true to me, with its honest, well-crafted prose."

Nancy P. Masland, Ed.S , Advisory Board of NAMI-SA, former Trustee of the National Alliance of the Mentally Ill, and co-founder of the AZ state NAMI. Author of *House of Heart and Heartbreak*- story of a daughter's struggle with serious mental illness and substance abuse.

#### **About the Author**

Diane Dweller is an optimistic survivor. Her ability to survive began in childhood growing up with a mentally ill mother. Scared, intimidated, and insecure, Dweller became determined to succeed-to show that she could do something right. And succeed she does as the author of a nationally acclaimed book published by Simon & Schuster. She has been a columnist for "The New York Daily News" and appeared on "CBS This Morning," CNBC, NBC, LIFETIME, QVC, and FOX shows. A graduate of Texas Tech and Stanford University, Dweller is married, and the mother of three.

### **Users Review**

#### **From reader reviews:**

**Crystal Sanchez:**

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**Carolyn Brown:**

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**Laura Thibodeau:**

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**Karen Morris:**

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