

The Hypomanic Edge

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~~[The Hypomanic Edge -- The Advantages of Having Marvelous Energy](#)~~ ~~[The Hypomanic Edge: The Link Between \(A Little\) Craziness and \(A Lot of\) Success in America](#)~~ ~~[1 Hypomanic Edge Book Review 2019](#)~~ ~~[Dr. Gartner's approach to treating Bipolar Disorder](#)~~ ~~[Dr. Gartner's work with Entrepreneurs](#)~~ ~~[Top 10 Books for Entrepreneurs](#)~~ ~~[10 Signs That You're Manic/Hypomanic](#)~~ ~~[The Hypomanic Edge The Link Between A Little Craziness and A Lot of Success in America](#)~~ ~~[Paperback - The Downside of Hypomania](#)~~ ~~[Hypomanic book trailer](#)~~

[Bipolar Hypomania: What It's Really Like | HealthyPlace](#) [Manic Episode Am I Hypomanic or Happy?](#) [Faces of Bipolar Disorder \(PART 4\) \"Cyclothymia\" Part 5 - When is Bipolar Hypomania More than Simply Feeling Good?](#) ~~[10 Things To Do Before Becoming An Entrepreneur](#)~~ [Winter Journal](#) [Christmas Journal](#) [Completed Junk Journal](#) [Flip](#)

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'The Hypomaniac Edge' by John Gartner is basically the proposal of a link between what the Americans refer to as 'Bipolar Affective Disorder Type 2,' essentially a milder form of what used to be referred to as 'Manic Depression,' and the frenetic creativity of American society upon which a large part of their success has been built.

The Hypomaniac Edge: The Link Between (a Little) Craziiness ...

The paradox of the hypomaniac edge is that it is a double-edged sword. A Hypomaniac Nation? Energy, drive, cockeyed optimism, entrepreneurial and religious zeal, Yankee ingenuity, messianism, and arrogance -- these traits have long been attributed to an "American character."

The Hypomaniac Edge | Book by John D. Gartner | Official ...

The Hypomaniac Edge: The Link Between (A Little) Craziiness and (A Lot of) Success in America. Explores the American pervasiveness of hypomania, a

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genetically based, mild form of mania that endows certain people with high energy, creativity, and a propensity for risk-taking.

The Hypomaniac Edge: The Link Between (A Little) Craziness ...

The Hypomaniac Edge: The Link Between (a Little) Craziness and (a Lot Of) Success in America by Gartner, John at AbeBooks.co.uk - ISBN 10: 0743243455 - ISBN 13: 9780743243452 - Simon & Schuster - 2011 - Softcover

9780743243452: The Hypomaniac Edge: The Link Between (a ...

Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics -- grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world.

The Hypomaniac Edge: The Link Between (A Little) Craziness ...

Procrastination is obliterated when you take on the traits of the hypomaniac. 1. VISIONEERING 2. Plan out Each Day in Advance 3. Visualize Yourself as a Productive Person 4. NoFap+Meditation Book ...

The Hypomaniac Edge -- The Advantages of Having Marvelous Energy

And at least three of the following: 1. Inflated self-esteem or grandiosity 2. Decreased need for sleep (e.g., feels rested after only three hours of sleep) 3.

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More talkative than usual or pressure to keep talking
4. Flight of ideas or subjective experience that thoughts are racing
5. ...

'The Hypomaniac Edge' - The New York Times
""The Hypomaniac Edge" reveals a secret history of America, the hidden psychiatric underbelly of legendary successes and the cult of celebrity. John Gartner tells the story with gripping detail and a clinician's authority. After this book, you'll never read the business pages in quite the same way." --Daniel Goleman, author of "Emotional Intelligence"

The Hypomaniac Edge: The Link Between (A Little) Craziess ...

The Hypomaniac Edge: The Link Between (A Little) Craziess and (A Lot of) Success in America - Kindle edition by Gartner, John D.. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Hypomaniac Edge: The Link Between (A Little) Craziess and (A Lot of) Success in America.

The Hypomaniac Edge: The Link Between (A Little) Craziess ...

The Hypomaniac Edge (2005), in which he argues that many American leaders could be diagnosed as "hypomaniac" In Search of Bill Clinton (2008) which claimed Bill Clinton showed manic tendencies [12] Rocket Man: Nuclear Madness and the Mind of Donald Trump

John Gartner (psychologist) - Wikipedia

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The Hypomaniac Edge. Named one of the most “notable new ideas” in the world in 2005—New York Times Magazine, “Year in Ideas” issue. “For centuries scholars have tried to explain the American character...A professor of psychiatry attributes American exceptionalism to a new and hitherto unsuspected source: American DNA.

John D. Gartner, PhD Books and Writing | Baltimore ...
"The Hypomaniac Edge reveals a secret history of America, the hidden psychiatric underbelly of legendary successes and the cult of celebrity. John Gartner tells the story with gripping detail and a clinician's authority.

The Hypomaniac Edge: The Link Between (A Little) Craziness ...

The characteristics of hypomania include a restless energy channeled into wildly grand ambitions, a tendency toward euphoria and a feeling of being destined to change the world. In nine brief psychobiographies, Gartner imposes this diagnostic scheme on figures ranging from Christopher Columbus and John Winthrop to David O. Selznick and Craig Venter, the genome entrepreneur.

The Hypomaniac Edge on Apple Books

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The Hypomaniac Edge: The Link Between (A Little) Craziiness and (A Lot of) Success in America Kindle Edition. by John D. Gartner (Author) 4.4 out of 5 stars 43 ratings. See all 6 formats and editions. Hide other formats and editions. Amazon Price. New from.

Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics—grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the

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messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome, yet his arrogance made him despised by most of his scientific colleagues, even as he spurred them on to make great discoveries. While these men are extraordinary examples, Gartner argues that many Americans have inherited the genes that have made them the most successful citizens in the world.

Based on in-depth interviews of successful entrepreneurs, and on the biographers of his historical subjects, Gartner defines the hypomaniac temperament and its manifestations. Then he demonstrates its power in action, offering some portraits that span America's history - Columbus who discovered America, John Winthrop who defined it, Alexander Hamilton who pointed to its future, Andrew Carnegie who built its fortune, Louis B. Mayer who glorified its ideals in movies, and Craig Venter, who is inventing its genetic future. Though these men are extraordinary figures, Gartner says many Americans carry the genes that have made them the most

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successful citizens in the world.

The New York Times bestseller "A glistening psychological history, faceted largely by the biographies of eight famous leaders . . ." —The Boston Globe "A provocative thesis . . . Ghaemi's book deserves high marks for original thinking." —The Washington Post "Provocative, fascinating." —Salon.com Historians have long puzzled over the apparent mental instability of great and terrible leaders alike: Napoleon, Lincoln, Churchill, Hitler, and others. In *A First-Rate Madness*, Nassir Ghaemi, director of the Mood Disorders Program at Tufts Medical Center, offers a myth-shattering exploration of the powerful connections between mental illness and leadership and sets forth a controversial, compelling thesis: The very qualities that mark those with mood disorders also make for the best leaders in times of crisis. From the importance of Lincoln's "depressive realism" to the lackluster leadership of exceedingly sane men as Neville Chamberlain, *A First-Rate Madness* overturns many of our most cherished perceptions about greatness and the mind.

What makes Bill Clinton tick? William Jefferson Clinton, the 42nd President of the United States is undoubtedly the greatest American enigma of our age -- a dark horse that captured the White House, fell from grace and was resurrected as an elder statesman whose popularity rises and falls based on the day's sound bytes. John Gartner's *In Search of Bill Clinton* unravels the mystery at the heart of Clinton's complex nature and why so many people fall under his spell. He tells the story we all thought we knew,

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from the fresh viewpoint of a psychologist, as he questions the well-crafted Clinton life story. Gartner, a therapist with an expertise in treating individuals with hypomaniac temperaments, saw in Clinton the energy, creativity and charisma that leads a hypomaniac individual to success as well as the problems with impulse control and judgment, which frequently result in disastrous decision-making. He knew, though, that if he wanted to find the real Bill Clinton he couldn't rely on armchair psychology to provide the answer. He knew he had to travel to Arkansas and around the world to talk with those who knew Clinton and his family intimately. With his boots on the ground, Gartner uncovers long-held secrets about Clinton's mother, the ambitious and seductive Virginia Kelley, her wild life in Hot Springs and the ghostly specter of his biological father, Bill Blythe, to uncover the truth surrounding Clinton's rumor-filled birth. He considers the abusive influence of Clinton's alcoholic stepfather, Roger Clinton, to understand the repeated public abuse he invited both by challenging a hostile Republican Congress and engaging in the clandestine affair with Monica Lewinsky that led to his downfall. Of course, there is no marriage more dissected than that of the Clintons, both in the White House and on the Hillary Clinton presidential campaign trail. Instead of going down familiar paths, Gartner looks at that relationship with a new focus and clearly sees, in Hillary's molding of Clinton into a more disciplined politician, the figure of Bill Clinton's stern grandmother, Edith Cassidy, the woman who set limits on him at an early age. Gartner brings Clinton's story up to date as he travels to Ireland, the scene of one of Clinton's greatest diplomatic triumphs, and to

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Africa, where his work with AIDS victims is unmatched, to understand Clinton's current humanitarian persona and to find out why he is beloved in so much of the world while still scorned by many at home. John Gartner's exhaustive trip around the globe provides the richest portrait of Clinton yet, a man who is one of our national obsessions. *In Search of Bill Clinton* is a surprising and compelling book about a man we all thought we knew.

More than 30 years ago, Ronald R. Fieve, MD, gained national recognition for his pioneering treatment of what was then known as "manic-depression." Since then, he has focused on patients with mild bipolarity, also known as Bipolar II. With the right treatment, these patients can turn their illness into an asset. In this groundbreaking book, Dr. Fieve presents a highly successful program that allows Bipolar II patients to harness the creativity and energy of their hypomanic "highs" while minimizing the potentially devastating "lows" of depression. Now with a new foreword explaining the most up-to-date research on the bipolar spectrum, *Bipolar Breakthrough* includes: -six stay-well strategies for anyone suffering from Bipolar II -the latest information on cutting-edge medications with fewer side effects -a special section on the complications of a bipolar diagnosis for pregnant women, children, and the elderly With results supported by thousands of patient histories, Dr. Fieve's *Bipolar Breakthrough* is a landmark work that will help the millions of Bipolar II sufferers live better lives.

Using actual examples from history, this is a brilliant

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and irreverent piece of business writing. The strategies offered in this indispensable guide will help managers avoid the pitfalls of their predecessors, and help employees cope with all kinds of bosses.

Seven years ago, John McManamy was diagnosed with bipolar disorder. Through his successful Web site and newsletter, he has turned his struggles into a lifelong dedication to helping others battling depression and bipolar disorder reclaim their lives. In *Living Well with Depression and Bipolar Disorder*, he brilliantly blends the knowledge of leading expert authorities with the experiences of his fellow patients, as well as his own, and offers extensive information on: Diagnosing the problem Associated illnesses and symptoms Treatments, lifestyle, and coping The effects of depression and bipolar disorder on relationships and sex With a compassionate and eloquent voice, McManamy describes his belief that depression is a wide spectrum that reaches from occasional bouts of depression to full-fledged bipolar disorder. The first book to help patients recognize this diversity of the disorder, *Living Well with Depression and Bipolar Disorder* will help sufferers begin to reclaim their lives.

What would George Washington do about weapons of mass destruction? How would Benjamin Franklin feel about unwed mothers? What would Alexander Hamilton think about minorities in the military? Examining a host of issues from terrorism to women's rights, acclaimed historian Richard Brookhiser reveals why we still turn to the Founders in moments of struggle, farce, or disaster. Washington, Franklin,

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Jefferson, Hamilton, Madison, Adams and all the rest have an unshakable hold on our collective imagination. We trust them more than today's politicians because they built our country, they wrote our user's manuals-the Declaration of Independence, the Constitution-and they ran the nation while it was still under warranty and could be returned to the manufacturer. If anyone knows how the U.S.A. should work, it must be the Founders. Brookhiser uses his vast knowledge to apply their views to today's issues. He also explores why what the Founders would think still matters. Written with Brookhiser's trademark eloquence and wit, while drawing on his deep understanding of American history, *What Would the Founders Do?* sheds new light on the disagreements and debates that have shaped our country from the beginning. Now, more than ever, we need the Founders-inspiring, argumentative, amusing know-it-alls-to help us work through the issues that divide us.

Explores the role of exuberance in humankind's most important creative and scientific accomplishments, discussing the nature of joy and its relationship to intellectual curiosity, creativity, risk-taking, and survival.

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