

**Book Title: In Small Doses: A Memoir about Accepting and Living with Bipolar**

**Author: Marc Pollard**

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Marc Pollard is an adult who suffers from bipolar disorder. *In Small Doses* is his memoir about the successes and challenges he has faced in his life and how bipolar disorder affected the decisions he made. Although Marc felt he was capable of accomplishing any goal, he often failed due to his illness. *In Small Doses* emphasizes the difficulty people with bipolar disorder have developing relationships and holding down a job. This book enables readers to understand the life of someone who suffers from bipolar disorder and helps them relate the author's experiences to their own personal and professional lives.

*In Small Doses* is a fast-paced and engaging book. I could not put it down after I started it. *In Small Doses* is a great book for people to use as a building block to understanding bipolar disorder. It was fascinating to read about the author's thinking process--or lack thereof—as he made decisions. As I was reading this book, I felt that I was experiencing Marc's problems with him. Throughout the book I thought to myself: Why would you not want to visit your family? Why don't you take your medication? I found it intriguing how Marc responded to specific situations and how his response was so utterly dependent upon his mood. For example, when Marc was in his manic stage, customers at the restaurant where he worked avoided him, However, once when he was in his depressive stage, one random comment set him off, he acted irrationally, and then was fired.

I recommend that families and professionals read this book if they know someone who suffers from bipolar disorder. It is a great starting point to understanding bipolar disorder and it emphasizes the amount of support, understanding, and love needed to care for people who have it.