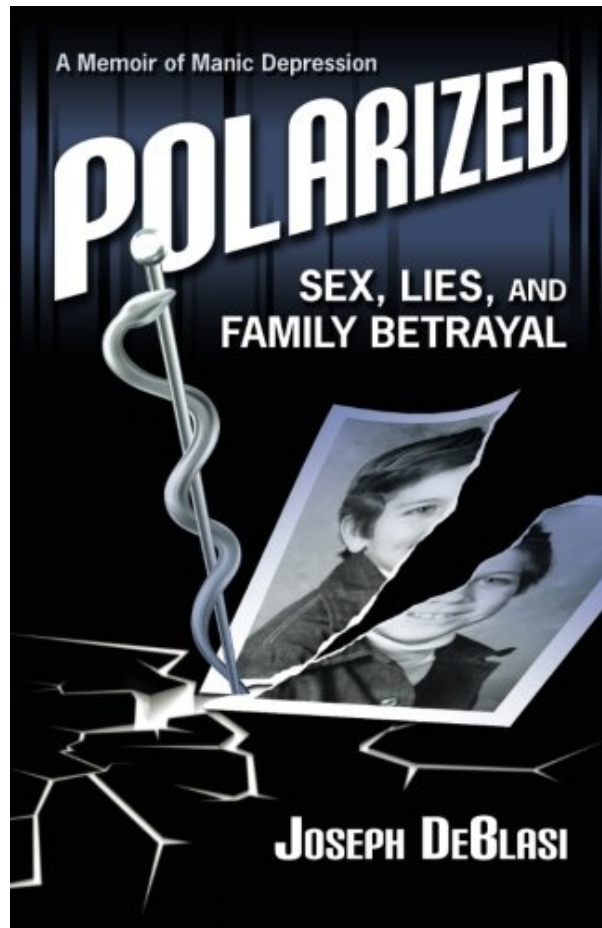
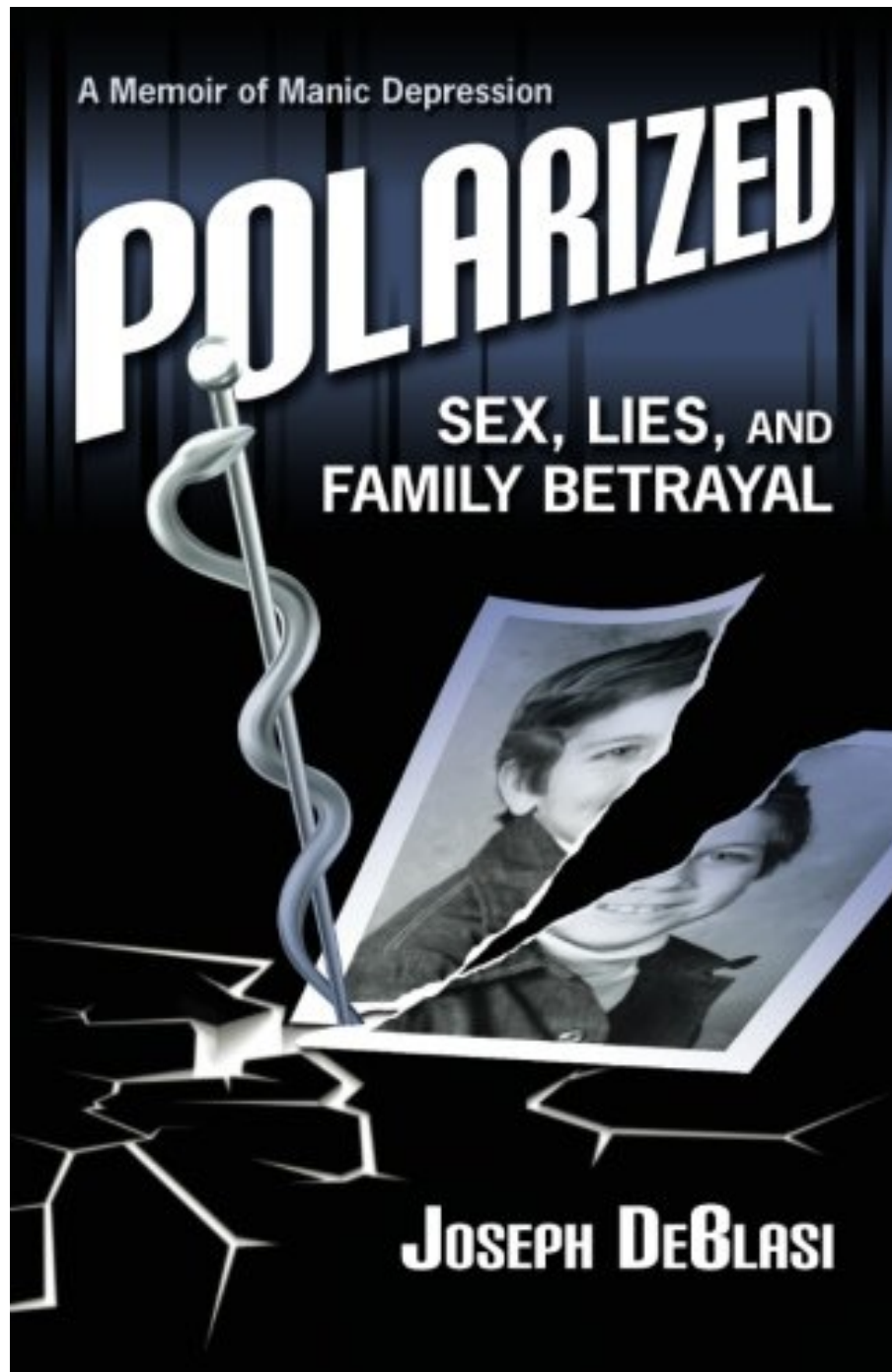


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## About the Author

About the Author Joseph DeBlasi has a degree in economics from Rutgers University and has worked as a business and systems analyst for the Dreyfus Corp and AIG. He is a supporter of NAMI, the National Alliance on Mental Illness. Joe currently lives on Long Island, New York, and is a full-time stay-at-home dad.

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# **POLARIZED: SEX, LIES, AND FAMILY BETRAYAL BY JOSEPH DEBLASI PDF**

A Life of Ups and Downs Joseph DeBlasi's life has never been "normal." Taken by his father at the age of nine, involved in an inappropriate sexual relationship with his stepmother, and estranged from his mom and two brothers, his formative years were spiked with trauma and pain. And then he was diagnosed with bipolar disorder, and all hell broke loose. "Manic Joe" reared his ugly head—a brash but charming guy everybody loved despite his appetite for destroying his own life and anyone's who crossed his path. Then he would slip into deep, months-long debilitating depressive episodes that not even the heaviest medications could touch. Only the undying support of his loved ones has helped him survive. From Manic Joe's run-ins with the law to his experiences with electro-convulsive therapy, *Polarized: Sex, Lies, and Family Betrayal* shows in excruciating and heartbreaking detail what it's really like to live with mental illness.

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- Published on: 2013-10-08
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- Number of items: 1
- Dimensions: 8.50" h x .68" w x 5.50" l,
- Binding: Paperback
- 272 pages

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## Most helpful customer reviews

4 of 4 people found the following review helpful.

Review of *Polarized: Sex, Lies and Family Betrayal*

By Jean Mahoney

At first, I was a little skeptical when picking up this book about manic depression. I wasn't sure how the author was going to paint a picture for the reader of what exactly the mental illness entails.

I was thoroughly impressed with this book. It is an amazing insight into the life of a manic. Some parts of the book were disturbing to read, mostly the incestuous relationship with his step mother and his father's crude sense of humor. It's disappointing to read that his father would choose a woman over his own son, but some people like to bury their heads in the sand and take their denial to the extreme. I have highly recommended this book to my friends, family and to my close friend whose brother has bipolar disorder and believes no one understands what he is going through.

Joseph DeBlasi, you are a brave man for sharing your story with the world. I hope people can read your book with open minds and understanding hearts, instead of biased point of views and judgmental prejudices of mental disorders.

~Kayla Mahoney~

7 of 8 people found the following review helpful.

A Page Turner & Fine Contribution to Understanding Mental Illness

By Huntington, NY Realtor

I could not put down this book until the last page was read! It is a brutally honest look into the bipolar mental illness of the author. Hopefully, it will be used in university classrooms to help psychologists, psychiatrists, social workers, and effected families to really understand the depth of this illness and the good news of the possibilities of recovery.

How ironic that the author's own father is a medical doctor. It reminds me of the adage: "Physician, Heal Thyself!"

8 of 10 people found the following review helpful.

Polarized: Sex, Lies and Family Betrayal by Joseph DeBlasi

By Dr. Arlene Trolman

This book epitomizes what I teach my students and the issues I have had with some of my patients in my private practice.

I feel this book may help to enlighten those in the general public who have been fortunate enough to have never experienced this trauma.

This book is a heartfelt expose on living with mental illness and specifically the origin of bipolar disorder for this young man who has emerged to lead life as loving husband and father.

It is hard to ever empathize the type of illness and trauma this young man was subjected to, both of which this book exposes magnificently.

It is a timely issue as Mental Illness is in the forefront of society at the present time.

I applaud this man's courage in revealing the intimate details of his tortured life.

Dr. Arlene Trolman

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