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Memoir by Mother and Son Featured in National Mental Health Magazine

Written in tandem, book tells the story of a family's struggle with bipolar disorder

Excerpts from Kathy Brandt and Max Maddox's book, *Walks on the Margins: A Story of Bipolar Illness*, are featured as the cover story in this month's SZ Magazine.

The book chronicles the joint and separate struggles of mother and son Brandt and Maddox, after Max was diagnosed with bipolar disorder. Telling the story in alternating chapters, Max writes about mental illness from the inside, while Kathy records her frustrations with doctors, hospitals and the law as she sought good treatment for her son. Their courage and dedication shine through in their frank and beautifully written story.

Maddox today is a successful artist, and Brandt has become a vocal advocate who writes, speaks and teaches about mental health. They hope that their book will help others facing a similar struggle, destigmatize mental illness and show that, with determination, love and support, people with mental illness can and do succeed in living fulfilled lives.

SZ Magazine, published by Mental Wellness Today, reaches 180,000 mental health professionals, physicians and people living with mental illness throughout North America.

Walks on the Margins: A Story of Bipolar Illness is available on [Amazon](#) and [Barnes & Noble](#). For more information, visit <http://www.walksonthemargins.com> and visit Kathy Brandt's [Facebook page](#).