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Mother and Son's Memoir Breaks Silence on Bipolar Disorder

Written in tandem, book chronicles family's journey through mental illness

Colorado Springs, CO— *Walks on the Margins: A Story of Bipolar Illness*, a memoir by novelist Kathy Brandt and her son Max Maddox, aims to put a face on mental illness and tell their family's story of struggle and recovery.

Walks on the Margins: A Story of Bipolar Illness traces the joint and separate struggles of Brandt and Maddox after Max was diagnosed with bipolar illness. In alternating chapters, Maddox offers a lyrical narrative of what his descent into bipolar disorder looked like from the inside. Brandt describes the heartbreak of being her son's drillmaster and his most passionate advocate, and 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.

"Novelist Kathy Brandt and her son, Max, take readers on a terrifying journey through our nation's broken, overwhelmed, underfunded, and frustrating mental health care system. *Walks on the Margins* will make you angry. It will make you cry. It will also inspire you!" --Pete Earley, author of *Crazy*.

One in four people are affected by mental illness. Yet, the stigma associated with these illnesses remains intact and highly toxic. Movies and media reinforce the images of "crazed maniacs" lurking behind doors with bloody knives. No wonder those with mental illness and their families don't talk about it.

"We need to break that silence and step out of the shadows," Brandt says. "It's time to put a face on mental illness and to tell our stories of struggle and recovery."

Brandt has become a vocal advocate who writes, speaks and teaches about mental health. Brandt, a past president of her local chapter of the National Alliance on Mental

Illness (NAMI), received the 2012 NAMI National Award for service on behalf of those with mental illness and their families.

Maddox today is a successful artist who teaches and has shown his work in galleries in Philadelphia and Denver. He speaks and writes about mental illness and is a certified “In Our Own Voices” speaker for NAMI.

The book was a finalist for the Iowa Review Award in Nonfiction, and Brandt has been selected to receive the 2014 Golden Quill Award, presented annually for outstanding literary achievement and exemplary community service.

Brandt and Maddox are sought after for interviews, speaking engagements and book club appearances. To schedule an appearance, please contact Kathy Brandt on the [Contact Page](#) of this website.

Walks on the Margins: A Story of Bipolar Illness is available at bookstores and on [Amazon](#) and [Barnes and Noble.com](#). It has been formatted for Kindle and Nook.

For more information, visit <http://www.walksonthemargins.com> and visit Kathy Brandt’s [Facebook page](#).