



# When Do I Get My Shoelaces Back?.....a Diary of a Psychotic Breakdown.

*Suzy Johnston*

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In the third book based on her personal experiences of managing bipolar and psychosis, Suzy Johnston wrote of her recent and severe psychotic episode of mental illness in this edited version of the daily diary she kept for 7 months while recovering in a psychiatric ward. The book is highly original in that it does not provide a retrospective account of the episode and provides an immediate (and very literate) expression of mental trauma. It is relevant to mental health practitioners as well as a general readership. It is an informative and educational tool on the psychiatric experience of mental torment and its recovery.

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