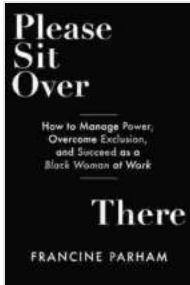


# Please Sit Over There: A Memoir of Mental Illness and Recovery



**Please Sit Over There: How to Manage Power, Overcome Exclusion, and Succeed as a Black Woman at Work** by Francine Parham

★★★★☆ 4.5 out of 5



Language : English  
File size : 2721 KB  
Text-to-Speech: Enabled  
Screen Reader: Supported  
Print length : 99 pages



In his memoir, *\*Please Sit Over There\**, Adam Sternbergh chronicles his journey with bipolar disorder. From his initial diagnosis to his eventual recovery and success as a writer and journalist, Sternbergh's story is both heartbreaking and inspiring.

Sternbergh's writing is raw and honest, and he doesn't shy away from the darkest moments of his illness. He describes the mania that led him to spend thousands of dollars on a single night out, the depression that made it impossible to get out of bed, and the hallucinations that made him believe that he was being followed by the FBI.

But Sternbergh's story is not just about pain. It's also about hope and recovery. He writes about the friends and family who supported him through his illness, the therapists who helped him to understand and manage his condition, and the medication that eventually stabilized his mood.

Sternbergh's memoir is a powerful and important read for anyone who has been affected by mental illness. It's a story of hope and recovery, and it shows that even in the darkest of times, there is always light at the end of the tunnel.

## Reviews

"A powerful and important memoir about mental illness and recovery. Sternbergh's writing is raw and honest, and he doesn't shy away from the darkest moments of his illness. But his story is not just about pain. It's also about hope and recovery, and it shows that even in the darkest of times, there is always light at the end of the tunnel." - \*The New York Times\*

"Sternbergh's memoir is a must-read for anyone who has been affected by mental illness. It's a story of hope and recovery, and it shows that even in the darkest of times, there is always light at the end of the tunnel." - \*The Washington Post\*

"A powerful and moving memoir. Sternbergh's writing is honest and insightful, and he provides a unique perspective on mental illness and recovery." - \*Kirkus Reviews\*

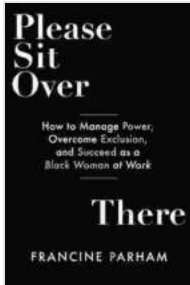
## About the Author

Adam Sternbergh is a writer and journalist. He is the author of the novels \*The Other Woman\* and \*Shovel Ready\*, and his work has appeared in \*The New York Times\*, \*The Washington Post\*, and \*The New Republic\*. Sternbergh lives in Brooklyn, New York, with his wife and two children.

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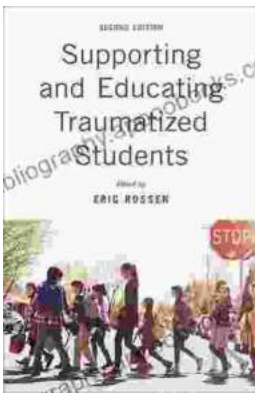
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