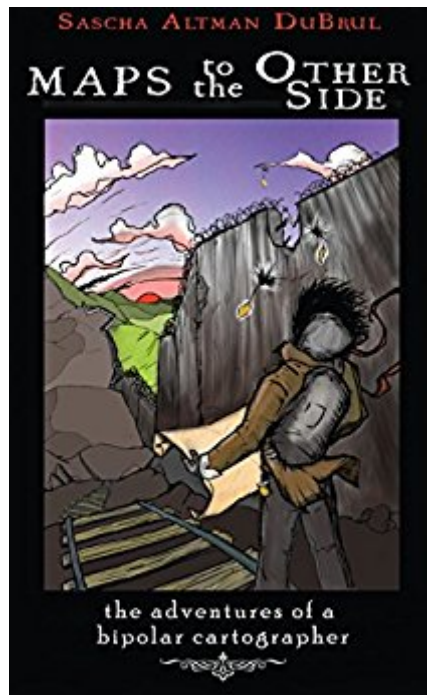


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# Maps To The Other Side: Adventures Of A Bipolar Cartographer (Real World)



## Synopsis

Part mad manifesto, part revolutionary love letter, part freight train adventure story &#151; Maps to the Other Side is a self-reflective shattered mirror, a twist on the classic punk rock travel narrative that searches for authenticity and connection in the lives of strangers and the solidarity and limitations of underground community. Beginning at the edge of the internet age, a time when radical zine culture prefigured social networking sites, these timely writings paint an illuminated trail through a complex labyrinth of undocumented migrants, anarchist community organizers, brilliant visionary artists, revolutionary seed savers, punk rock historians, social justice farmers, radical mental health activists, and iconoclastic bridge builders. This book is a document of one personâ™s odyssey to transform his experiences navigating the psychiatric system by building community in the face of adversity; a set of maps for how rebels and dreamers can survive and thrive in a crazy world.

## Book Information

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## Customer Reviews

" An excellent book, written with a deep sensitivity for all of us, wounded psychically, in some ways,

and struggling to come through the whirlwinds we call life. Altman DuBrul writes of these complex matters with remarkable clarity of prose and moral force. Why moral? because, he envisions these problems not as just individual but interwoven and emergent....emergent from social, economic, political structures of human societies. ...of our selves and of our experiential worlds. Crucially and repeatedly, the book demonstrates how intertwined are both psychic woundedness and psychic creativity. For instance, the description of The Icarus Project, an radical online educational and support community, which he co-founded with Jacks McNamara over a decade ago (in 2002. Accessible to all, internationally, it is a rich resource for those seeking to navigate the eruptions of disturbing mental states in themselves or others. Pathological symptoms are redefined as dangerous gifts. Ones that require, understanding, mentoring, and a home in the hearts of others who provide varieties of friendship experiences. A relational home can often do what medications cannot. How to strengthen communities of those who share similar psychic experiences while deftly pulling on the threads of the brilliant resources that those often are called mad have, is the strongest suit of this book, I believe. There are friendship "maps"- demonstrated through the personal telling of his own evolution. There are DuBrul's vision of 'T-Maps, Transformative Mutual Aid Practices,' which empower people to take better care of each other; there are workshop formats; and, also, how DuBrul thinks of the use of medication and alternative treatment modalities. ...all practical and accessible ideas.

Sascha Altman DuBrul was locked up in a psych ward for the first time when he was 18 years old. He grew up in the anarchist squatter communities of the Lower East Side and, as a teen, was diagnosed by psychiatrists with "bipolar disorder," a condition that he describes as a "dangerous gift." Frustrated with the limits of the mental health system and vast, oppressive American Capitalism, patriarchy and poverty, DuBrul's mad mind fueled a life of exploration, social activism, and deep sensitivity for the world's diverse loners and unlikely heroes. DuBrul's memoir takes the reader on journeys through the highs and lows of madness. His big heart and innovative ideas lead the way--through serene desert landscapes while hopping trains across the country, to escaping power-tripping police in Mexico, to joining community protests at the W.T.O. in Seattle and Occupy Wall Street in New York, to creating the country's first seed library in the Bay Area, and co-founding The Icarus Project, a radical community support network that works to redefine the language and culture around mental health, with his best friend, Jacks Ashley McNamara. DuBrul's book is an assemblage of writings across his life. He combines zines written when he was a teenager, scattered journal entries, and modern manifestos about community care, seed saving, and spiritual

practice. What is clear throughout DuBrul's writing is his passion. The most powerful sections include stories about friends who never made it to the "other side" and committed suicide, a guide to how he and his community of friends help take care of each other, and his faith in the "Mad Ones," which he describes as "the only ones crazy enough to think that can change the world and have the outlandish visions and drive to be able to do it.

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