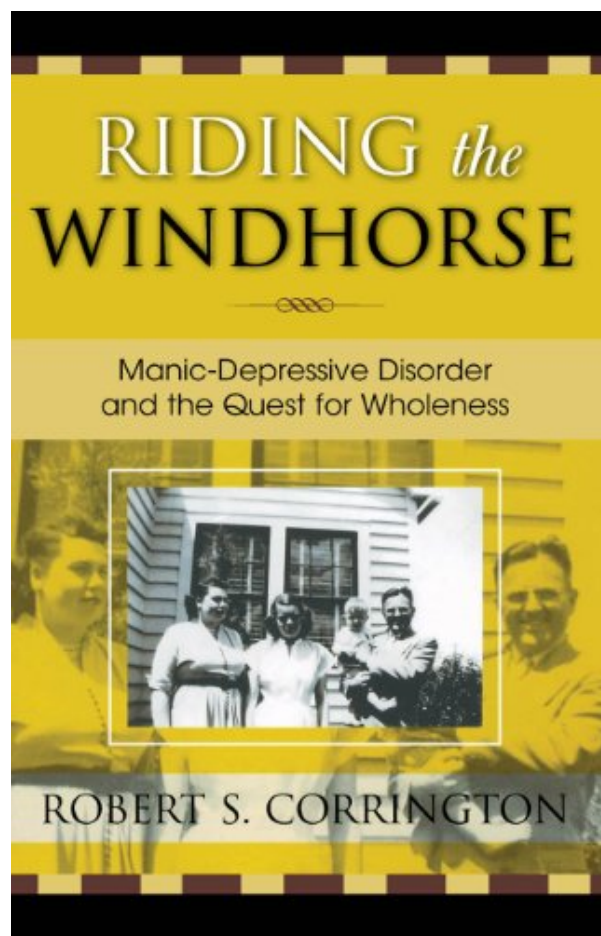


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DEPRESSIVE DISORDER AND THE QUEST  
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# RIDING *the* WINDHORSE

Manic-Depressive Disorder  
and the Quest for Wholeness



ROBERT S. CORRINGTON

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## About the Author

Robert S. Corrington is Professor of Philosophical Theology, Caspersen School of Graduate Studies, Drew University, New Jersey.

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# **RIDING THE WINDHORSE: MANIC-DEPRESSIVE DISORDER AND THE QUEST FOR WHOLENESS BY ROBERT S. CORRINGTON PDF**

In this moving account of his struggles with manic-depressive disorder, distinguished philosopher Robert S. Corrington, creator of the school of ecstatic naturalism, presents a compelling argument for rethinking the nature of this malady. Having inherited the disorder from his mother, a gifted actress who struggled with her own form of it until her death, he developed crucial survival strategies that he recommends to other sufferers. In *Riding the Windhorse*, Corrington details the latest medical, psychological, and spiritual thinking about bipolar disease; a disorder characterized by extreme mood swings and responsible for many untimely deaths each year. Surprisingly, however, manic-depression is also found in almost all forms of genius and Corrington presents two detailed case studies showing this correlation. *Riding the Windhorse* represents one person's eventual triumph over a potentially crippling disease by demonstrating how creativity and the quest for wholeness can support the erratic flight of the windhorse of manic-depression.

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Robert S. Corrington is Professor of Philosophical Theology, Caspersen School of Graduate Studies, Drew University, New Jersey.

## Most helpful customer reviews

24 of 25 people found the following review helpful.

The Inner Reaches of Manic Depressive Illness

By virginia w paske

Robert Corrington's book is the brilliant, complex, powerfully rendered account of his life and his long-undiagnosed experience with the potent inherited disorder of manic depressive illness. Hauntingly rich in its portrayal of a seriously difficult and moving human journey, it has been both psychologically and spiritually transforming for me to read. It is a serious work, magnificently written; beautiful, sorrowful, complex, triumphant and courageous.

I read this book in the midst of an enormously challenging year with my own gifted brother, who has suffered from both manic depressive illness and schizophrenia for thirty years. In spite of years of treatment and medication, his disease has never been entirely controlled. It has created a tough, bewildering, heartbreaking, sometimes dangerous experience for him and for our family who loves him.

This book has transformed me at a critically important deeper level. Reading it has opened to me a profoundly wiser core of understanding; one that is dynamically useful, necessarily compassionate and rewarding for my own emotional well-being and that of my brother. I have been enriched with self-correcting insights from the book into the sorrowful, terribly complex, lonely challenges of this illness. These insights now both humble me and importantly attenuate my own reactive personal responses of anger

and despair over those things that arise from frightening, legitimately serious crises in my brother's unusual life.

Robert Corrington carries the mind, heart, and soul of the reader into the human experience of uncontrolled psychic fluctuations in ways that are vital, critical and illuminating. He takes you into a reality that is at once individually unique, but metaphysically larger in the unfolding; the struggle of the human psyche and spirit for survival and meaning. It is alive, unsparing, authentic, unforgettable, heartbreaking, clear, and hopeful.

A reading of this book could assist a family member or loved one of a person with manic depressive illness, or any other psychic disorder, toward a more deeply intelligent, calming, helpful, compassionate response to the individual who deals with the perplexing features of this disease.

This book has two literary trails, resulting in wonderful gifts. One is philosophical and spiritual; the creative, illuminating, metaphysical construct into which Robert Corrington has woven this phenomenon of manic depressive illness. The other is the living, breathing autobiography of a unique spirit who has had the courage to share his journey with those who are afflicted and those who stand, baffled, with them. Through this experience I have gained the greatest gift of all.

The call to love.

11 of 11 people found the following review helpful.

Five Stars for Riding the Windhorse!

By N. R. DePoe

Riding the Windhorse was my first serious exploration of an illness that for far too long I had dismissed with the most rudimentary understanding. Corrington's book is a fascinatingly powerful firsthand account of someone who has wrestled with this illness (and continues to do so) and graciously shares what he has learned with his readers.

As a fellow traveler on the spiritual journey of life, I have begun to explore the work of Carl Jung and the conscious/unconscious. The connections that Corrington makes between manic-depressive states, energy flows between the conscious and unconscious and an individual's introverted/extroverted attitude is compelling.

This work stands in a unique position between those who seek to offer scientific explanations for bipolarism and those who write more generalized books on healing and wholeness. To get a glimpse of the human "quest for wholeness" through the often tortuous maze of a manic-depressive disorder is to truly glimpse the beauty of the human spirit.

4 of 4 people found the following review helpful.

When Loved Ones Ride the Windhorse

By Margaret Burbank

Following my brother's diagnosis with bi-polar disorder, many in our family searched for knowledge, comfort, and direction as we struggled to find our bearings and understand his unfamiliar illness. Support groups were helpful, but often added the weight of others' pain to our already heavy load.

"Riding The Windhorse" has provided perspective, educated our expectations, and healed some of the hurt. This book has informed my brother's personal exploration into his own diagnosis, and has given him a better understanding of the powerful illness he lives with every day. Brilliantly written from the perspective of one who lives with Manic-Depressive disorder, Dr Corrington has provided a wonderful book that informs every reader.

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