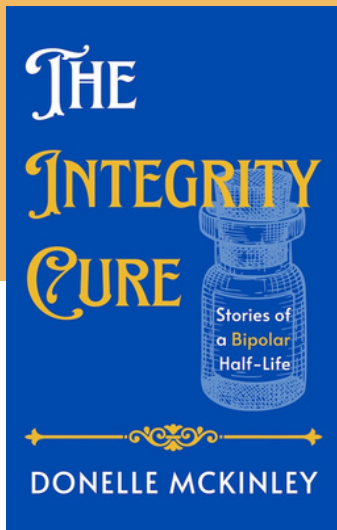


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What if honesty is all it takes to set you free?



A unique story of clinical recovery from Bipolar Type II that lights the way for others

In deft literary style, *The Integrity Cure* examines Donelle McKinley's experience of Bipolar Type II over thirty years, her belated diagnosis at age 46, and the unorthodox approach to therapy that resulted in clinical recovery.

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Across 30 stories that illustrate a pattern of flight and fresh starts, the author examines the role of home, place, cultural heritage and the arts in her efforts to hold fast to her foundations. Capturing poignant moments of her life and travels, from Stratford-upon-Avon to the Shanghai Bund, from the heart of Turkey to earthquaked New Zealand and the ivory towers of Oxford, riding a rollercoaster of hypomania and depression to diagnosis and beyond, her memoir celebrates the power of the humanities to enrich our life and understand its complexity.

With different approaches to storytelling subtly applied to serve dissociation, reinvention, and reflection, stories explore themes of vocation, love, spirituality, integrity, and freedom.

From the wilderness of ignorance to the summit of robust mental health

The Integrity Cure is a work of creative non-fiction, comprised of 30 chapters that lean into the short story and essay form; these are structured chronologically, and can be read consecutively or randomly.

The book is organised in 5 parts, and takes the shape of an epic mountaineering expedition:

- Part One: Wilderness covers the author's late teens and twenties, and early experiences of Bipolar Type II
- Part Two: Base Camp reflects on the impact of bipolar on the author's marriage and career
- Part Three: Bad Weather builds up to the impact of the "culture wars" on her mental health, and belated diagnosis at age 46
- Part Four: Acclimatize examines the author's experience of managing Bipolar Type II post-diagnosis
- Part Five: Summit Bid describes the author's clinical recovery.

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