

Inside the Real Lives of Madness

Andrew and his friend Benji are two ordinary twenty-somethings with extraordinary true stories to share. Through a series of meetings, Andrew and Benji candidly discuss their lives with mental illness, exploring everything from their inner experience of madness to their successful strategies of coping. Nothing is barred from this tell-all account inside the real lives of two "severe and persistent" mentally ill men.

Through the conversations you will discover their:

- Early Symptoms
- Thoughts and Feelings of Psychosis and Mania
- Hospital and Treatment Experiences
- Family, Friend, and Romantic Relationships
- Disability and Stigma
- Faith and Coping
- And More!

"Regular & Decaf presents an opportunity for a wide group of readers to re-acquaint themselves with the hopes and visions of people with mental illness through the medium of their conversations."

- DR. S. CHARLES SCHULZ, Head of Psychiatry, University of Minnesota

"Being the mother of a son who had schizoaffective disorder, it gave me an understanding and insight as to what was going on in his brain. This is a very thoughtful and uplifting book. Bravo."

- THERESA CARUFEL, Chair of State Advisory Council for Adult Mental Health (MN)

"They make schizophrenia and bipolar disorder understandable for those who live with the disorders and for those who love them."

- KAY KING, NAMI Family To Family Class Facilitator

ANDREW D. GADTKE studied science at the California Institute of Technology and psychology at the University of Minnesota before becoming an author. Beginning treatment at twenty-two and diagnosed with paranoid schizophrenia at twenty-four, he now battles his severe and persistent mental illness daily. In addition to being an author, he is a public speaker and advocate for those with mental illness.

Are You Ready to Experience the Unthinkable?



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One Friend with Schizophrenia
One Friend with Bipolar
One Ongoing Conversation
One Cup at a Time



ANDREW D. GADTKE