

Waterside Press, Hampshire

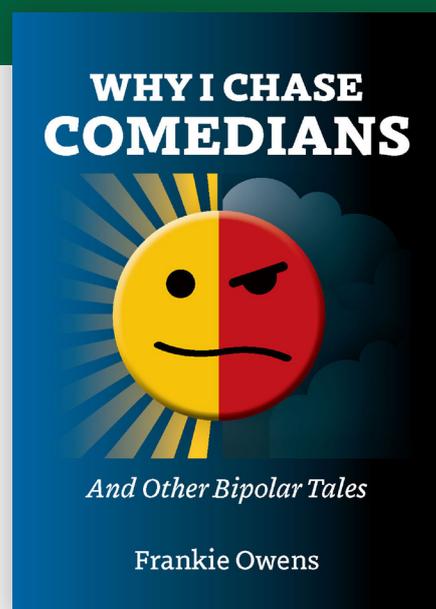
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## Advance Information

<b>Title</b>	Why I Chase Comedians	
<b>Subtitle</b>	And Other Bipolar Tales	
<b>Author</b>	Frankie Owens III	
<b>Publisher</b>	Waterside Press Ltd	
<b>Format</b>	Paperback, 178x127mm, 140 pages	
<b>ISBNs</b>	978-1-914603-08-2	
<b>Price</b>	£9.95	<b>Rights</b> Worldwide
<b>Publication</b>	8 June 2022	<b>Edition</b> 1st
<b>Category</b>	social issues, family issues, prisons, offenders	
<b>Subjects</b>	JFFH=Illness and addiction: social aspects. JKVQ=Offenders; VFJ=Coping with personal problems;	
<b>Who will buy it?</b>	Mental health practitioners/support groups/ criminologists, youth workers, libraries, reform groups, students and researchers.	



*Why I Chase Comedians* charts Frankie Owens' progress in the style of his acclaimed *Little Book of Prison* (below). This entirely new work was triggered by a relapse when, after a hyper-manic episode and ten years as a law-abiding citizen, the author found himself back inside despite supportive five-star references. It was written mostly in prison during Covid ('double lockdown').

Through often self-deprecating insights the author takes the reader inside the mind of someone afflicted by hypermania. It deals with the extremities of the bipolar condition — highs, lows, 'in-betweens' — allowing readers to understand its overwhelming nature. The book shows how he struggled with booming ideas, breath-taking feats of imagination and alternately coming down to Earth, or worse. It contrasts the out-and-out ability of this well-respected expert in criminology and literacy with bizarre behaviour as he serves time a second time around and rebuilds his life once more.

### Extract

'Being bipolar and manic is like living on the edge. Your adrenaline increases, your endorphins are released faster (and in bigger quantities), your muscles feel stronger, your cardio is better and best of all your brain is higher functioning. It is as if you are naturally high because of your condition. You start to access more information from your brain's memory banks and

your state is semi-hypnotic. Your senses of smell and touch are heightened, you can hear from greater distances and music and literature become joyful experiences as if they'd been written just for you. Who wouldn't want to feel like that?'

### Key Selling Points

- **A rare journey into the bipolar mind.**
- **Topically 'opens-up' on mental health.**
- **A raw, challenging, humorous account.**
- **Follows successful/popular earlier work.**

### Review

'This great, accessible book takes us on a journey revealing the reality of being bipolar, and its interfaces with incarceration'—  
*Dr Paul Norman, University of Portsmouth.*

### About the author

Frankie Owens III is a prison/mental health/bipolar survivor. After becoming an advisor/lecturer to criminologists and reform groups, in 2020 he hit the headlines due to a hyper-manic episode (described in the book). He is the author of *The Little Book of Prison* (2012) (a finalist for the People's Book Prize) and has written for *The Guardian* and *Huffington Post*. He is the founder of the Read and Grow Society that teaches disadvantaged people to read and develop their literacy skills.