



Riding the Windhorse: Manic-Depressive Disorder and the Quest for Wholeness

Robert S. Corrington

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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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