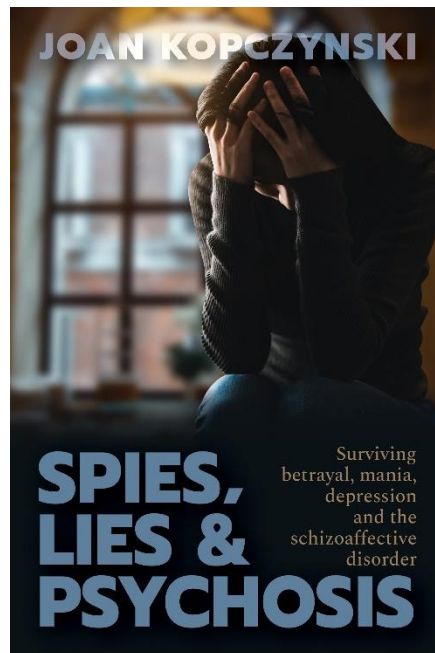


Spies, Lies & Psychosis: Surviving betrayal, mania, depression and the schizoaffective disorder



By Joan Kopczynski

Reviewed by Beth Camp

What was it like to be a spy in the 1970s? Joan Kopczynski's *Spies, Lies & Psychosis* explores the realities of a life well-lived with humor and insight. Her experience with the CIA led her to work for an intelligence-gathering organization near San Francisco. In those early days, Joan was trusting. Her life became infinitely more complicated when she fell in love and as she became progressively more immersed in the intelligence community. Joan is frank about her stress-related spiral into mental illness. Despite a cycle of denial and delusions, Joan, with courage and perseverance, found her way back. Her courage and tenacity leads the reader to appreciate anew how mental illness affects not only the individual, but in a ripple effect, all those around her or him. Her story helps us understand how mental illness can affect us all, what it means to have a healthy life, and how important it is to have those who understand and support us.



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