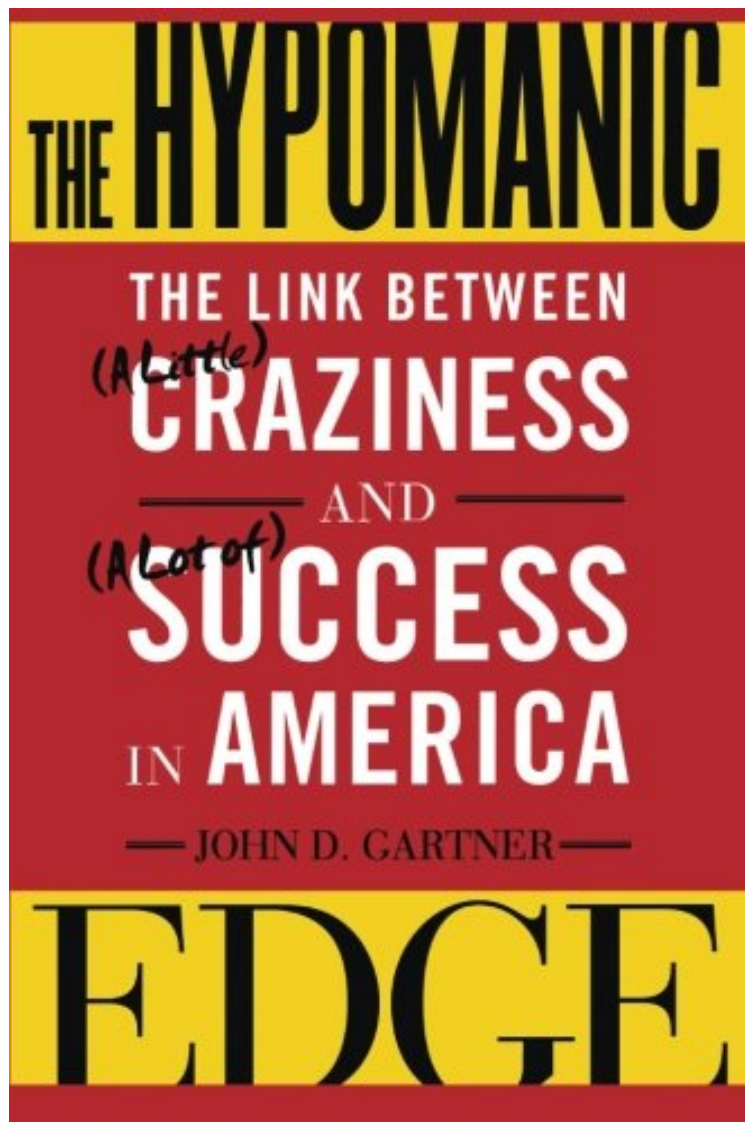


[Download pdf] The Hypomaniac Edge: The Link Between (A Little) Crazyiness and (A Lot of) Success in America

The Hypomaniac Edge: The Link Between (A Little) Crazyiness and (A Lot of) Success in America

John D. Gartner

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#168530 in Books Simon Schuster 2011-06-18 2011-06-18Original language:EnglishPDF # 1 9.25 x 1.10 x 6.121, 1.25 #File Name: 0743243455368 pages | File size: 46.Mb

John D. Gartner : The Hypomaniac Edge: The Link Between (A Little) Crazyiness and (A Lot of) Success in America before purchasing it in order to gage whether or not it would be worth my time, and all praised The Hypomaniac Edge: The Link Between (A Little) Crazyiness and (A Lot of) Success in America:

0 of 0 people found the following review helpful. If I had known this at 21 I would have been able to achieve even

more than I have, especially having known the downside
By ETRM Guru
A must read for all who have aspirations and for those who don't get - pun intended....
3 of 3 people found the following review helpful. Required Reading
By Carolee Walker
More people that you know are struggling with bi-polar continuum of symptoms, many unaware they have it. It has a very subtle, destructive effect in the lives of the individual affected, co-workers, family, friends. Education, information is the key. Thanks to Mr. Gartner for his good work on this book, and also highlighting how lemons can be turned to lemonaid.
0 of 0 people found the following review helpful. highly recommended to those affected
By Collin M Dyer
good read

Why is America so rich and powerful? The answer lies in our genes, according to psychologist John Gartner. Hypomania, a genetically based mild form of mania, endows many of us with unusual energy, creativity, enthusiasm, and a propensity for taking risks. America has an extraordinarily high number of hypomanics - grandiose types who leap on every wacky idea that occurs to them, utterly convinced it will change the world. Market bubbles and ill-considered messianic crusades can be the downside. But there is an enormous upside in terms of spectacular entrepreneurial zeal, drive for innovation, and material success. Americans may have a lot of crazy ideas, but some of them lead to brilliant inventions. Why is America so hypomaniac? It is populated primarily by immigrants. This self-selection process is the boldest natural experiment ever conducted. Those who had the will, optimism, and daring to take the leap into the unknown have passed those traits on to their descendants. Bringing his audacious and persuasive thesis to life, Gartner offers case histories of some famous Americans who represent this phenomenon of hypomania. These are the real stories you never learned in school about some of those men who made America: Columbus, who discovered the continent, thought he was the messiah. John Winthrop, who settled and defined it, believed Americans were God's new chosen people. Alexander Hamilton, the indispensable founder who envisioned America's economic future, self-destructed because of pride and impulsive behavior. Andrew Carnegie, who began America's industrial revolution, was sure that he was destined personally to speed up human evolution and bring world peace. The Mayer and Selznick families helped create the peculiarly American art form of the Hollywood film, but familial bipolar disorders led to the fall of their empires. Craig Venter decoded the human genome

From Publishers Weekly
Diagnosing the psychiatric condition of dead historical figures is risky business, and in a largely unconvincing book, Johns Hopkins psychiatrist Gartner falls prey to the modern tendency to reduce an individual's actions to a psychiatric diagnosis. He argues that hypomania--a mild form of mania--drove many of America's most famous leaders and entrepreneurs to succeed. The characteristics of hypomania include a restless energy channeled into wildly grand ambitions, a tendency toward euphoria and a feeling of being destined to change the world. In nine brief psychobiographies, Gartner imposes this diagnostic scheme on figures ranging from Christopher Columbus and John Winthrop to David O. Selznick and Craig Venter, the genome entrepreneur. He also contends that hypomania is a peculiarly American trait. Applying terms like "depression" and "hypomania" to Winthrop's spiritual ups and downs, for instance, is anachronistic and reductionist. Gartner does provide some proof of his theory with Venter, whose life and work can be scrutinized firsthand, though he hasn't been on Gartner's couch. The author offers us few useful insights into the lives of these historical figures, nor does he seem to have any qualms about framing his case for an "American temperament" solely in male terms. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.
From Booklist
By success, clinical psychologist Gartner means the impressive material achievements of the U.S. When he says "hypomaniac," he refers not to clinical mental illness but to "a temperament, characterized by an elevated mood state that feels 'highly intoxicating, powerful, productive and desirable,'" that can, and sometimes does, easily tip over into full-blown manic depression. One by one he puts several Founding Fathers and a handful of epic-level business leaders--the likes of Columbus, Alexander Hamilton, Andrew Carnegie, and genome giant Craig Venter--through psychological tests to determine whether they fit the hypomaniac mold. Turns out, Gartner says, that not only have many of the nation's most charismatic leaders been certifiable hypomanics but at least one was, quite likely, genuinely bipolar. Lest anybody think this is a bad thing, Gartner asserts that without the risk-taking, no-holds-barred temperaments of these overachievers, the U.S. would never have gained its current status as the wealthiest nation in the world. Entertaining, thought-provoking stuff. Donna Chavez
Copyright American Library Association. All rights reserved. ""The Hypomaniac Edge" reveals a secret history of America, the hidden psychiatric underbelly of legendary successes and the cult of celebrity. John Gartner tells the story with gripping detail and a clinician's authority. After this book, you'll never read the business pages in quite the same way." --Daniel Goleman, author of "Emotional Intelligence"
"America is a land settled by adventurers and risk takers, and the mania that made it great seems to be bred into its genes. In this provocative and interesting book, John Gartner explores that theory with vivid case studies and an expert's understanding of clinical psychology." --Walter Isaacson, author of "Benjamin Franklin"
"Finally someone gets it. Through fabulous profiles of the likes of Carnegie, Hamilton, the Selznicks and the Mayers -- my favorites -- John D. Gartner explains how brains hardwired for success, otherwise known as hypomania, have contributed so much to the richness of our great country. Three cheers for Gartner. He recognizes that hypomania is integral to the success of those who challenge every assumption on the way to creating

fabulous wealth, brilliant movies, and, yes, even a nation." -- James Cramer, markets commentator for CNBC and thestreet.com and author of "Confessions of a Street Addict""Examining an assortment of historical and present-day movers and shakers through the lens of modern psychiatry, Gartner has come up with a diagnosis that could well help explain what makes America, well, America. "The Hypomaniac Edge" is a surprising -- and thoroughly engaging -- book." -- Joe Nocera, Editorial Director of Fortune, author of "A Piece of the Action""Gartner's genius is to make visible a psychological phenomenon that is part of our history and daily lives which we didn't see before. It will change the way Americans think of themselves and incite hypomania envy among the normal people of the world." -- Harry Segal, Ph.D., Department of Psychology, Cornell University "It's very interesting...it explains a lot about America." --Richard Cohen, Columnist, "The Washington Post, on Topic A with Tina Brown" (chosen as a "hot pick")"American entrepreneurs are largely hypomaniac, ' Gartner declares, but the story doesn't begin and end with today's would-be Donald Trumps. The United States is a land of immigrants, he observes, populated by those whose ancestors were energetic and optimistic enough to leave a familiar homeland for strange shores...America's long history of immigration...has made it a 'hypomaniac nation.'" -- "Boston Globe""A psycho-biographical examination of how the United States' hopped-up gene pool shaped our national character and gave us a head start to world domination." -- "Baltimore City Paper""Are Americans rich because they're nuts?...It sounds right...a fun read...Gartner is right that hypomaniac first movers matter a lot, and that we need a few more." -- "Slate""Gartner unrolls life stories offering repeated instances of recklessness, grandiosity, innovation: Columbus, John Winthrop, Roger Williams, William Penn, Alexander Hamilton, Andrew Carnegie, Louis B. Mayer and Craig Venter. From published biographies (and with Venter, the human genome scientist, interviews), Gartner extracts some great illustrations: Theodore Roosevelt timed at 50 handshakes a minute; Hollywood producer David O. Selznick smoking five packs a day. In many readers, mood will elevate." -- "The Baltimore Sun"