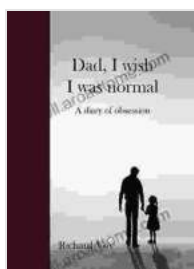


Dad, Wish You Were Normal: A Touching and Humorous Memoir About a Father's Journey with Mental Illness

Mark Lukach's memoir, *Dad, Wish You Were Normal*, is a funny and heartbreaking account of growing up with a bipolar father. Lukach shares his experiences of his father's highs and lows, from the manic episodes that left him feeling euphoric and invincible to the depressive episodes that left him withdrawn and unable to function. He also explores the impact of his father's illness on his family, particularly on his mother and siblings.



Dad, I wish I was normal: A diary of obsession

by Carol Gilligan

★★★★☆ 4.6 out of 5

Language : English
File size : 9206 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 337 pages
Screen Reader : Supported



Lukach's writing is honest and insightful, and he doesn't shy away from the difficult aspects of his father's illness. However, he also finds humor in the situation, and his memoir is full of laugh-out-loud moments. Ultimately, *Dad, Wish You Were Normal* is a touching and inspiring story about a family's love and resilience in the face of mental illness.

An Excerpt from *Dad, Wish You Were Normal*

One of the most difficult things about growing up with a bipolar father was the unpredictability of his illness. I never knew what to expect from him on any given day. He could be the life of the party one day and withdrawn and depressed the next. This made it hard for me to form close relationships with him, because I was always afraid of how he would react to me.

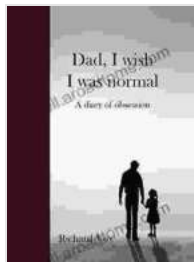
I remember one time when I was about 10 years old, my father was in a manic episode. He was talking a mile a minute and seemed to have endless energy. He decided to take me to the park, and we played on the swings for hours. I was so happy to be spending time with him, and I felt like we were finally bonding. But then, all of a sudden, his mood changed. He started yelling at me for no reason, and he told me to go away. I was so confused and hurt, and I ran home crying.

That was just one example of the many ups and downs I experienced with my father. But despite the challenges, I still loved him very much. I knew that he was a good person, and I wanted to be there for him. I learned to accept his illness, and I found ways to cope with the difficult times. I also learned to appreciate the good times, and I cherish the memories of the times when my father was well.

A Review of *Dad, Wish You Were Normal*

Dad, Wish You Were Normal is a powerful and moving memoir that will stay with you long after you finish reading it. Mark Lukach's writing is honest, insightful, and often funny. He does not shy away from the difficult aspects of his father's illness, but he also finds humor in the situation. Ultimately, *Dad, Wish You Were Normal* is a touching and inspiring story about a family's love and resilience in the face of mental illness.

I highly recommend this book to anyone who has been affected by mental illness, either personally or through a loved one. It is a powerful reminder that we are not alone, and that there is hope even in the darkest of times.

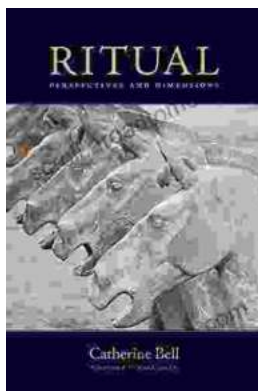


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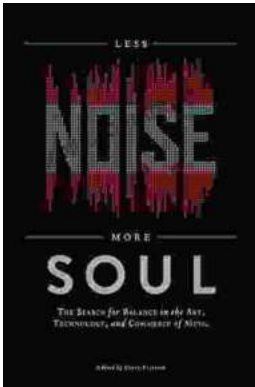
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