

Advance Praise for *But Deliver Me from Crazy: A Memoir* by Katie R. Dale

“In *But Deliver Me from Crazy*, author Katie Dale lays out her healing and hope-filled journey to living well in spite of having bipolar disorder. She’s honest, transparent, and courageous in sharing this journey with each of us. This book is a must-read for any young person who is struggling with their mental health. It’s a must-read for pastors—especially youth pastors—who are working with young people in ministry. And it is a must-read for parents of teens and young adults who struggle with a mental illness.

Because of Katie’s courage to tell her story, it’s my prayer that the church, pastors, and parents will have the courage to step up to the plate and offer healing and hope to those who struggle and have found themselves contemplating their sanity.

Thank you, Katie, for courageously sharing. Your voice of courage will likely give many others hope!”

–Pastor Brad Hoefs, founder and author of *Fresh Hope for Mental Health*

“Katie Dale clings to a relationship with One who delivers us from crazy. Hers is a faith that resists easy belief and false consolation. If you have a troubled mind, or know someone who does, read *But Deliver Me from Crazy*.”

–Tony Roberts, author of *Delight in Disorder*, and mental health advocate

“*But Deliver Me from Crazy* is a profound, true story about faith, mental illness, treatment, and self-acceptance. Dale shares her experience battling bipolar disorder while trying to maintain her belief in God throughout the challenges that made her question her faith and her sanity. This book is perfect for anyone living with a mental illness and whose religious beliefs play a significant role in their treatment and acceptance of their diagnosis.”

–Hannah Blum, author of *The Truth About Broken*, blogger, and mental health advocate

“Insightful. Inspirational. This raw and compelling memoir speaks to the spiritual aspect of managing bipolar disorder. As a teen and young adult, Katie Dale battled the devastation of mania and ultimately reclaimed her soul and her life.”

–Sasha Kildare, author of *Dream Walking*, and mental health advocate

“*But Deliver Me from Crazy* is a wonderful resource for teens, twenty-somethings, and parents. All great memoirs are inspiring, compelling and well written. Katie’s memoir not only possesses those qualities; it’s imbued with Dale’s strong faith that saw her through the darkest of times. Readers will surely be uplifted by this remarkable author’s powerful and hopeful message.”

–Dyane Harwood, author of *Birth of a New Brain - Healing from Postpartum Bipolar Disorder*

“*But Deliver Me from Crazy* drops you right into the middle of Katie Dale’s chaotic bipolar world facing doubts that threaten her faith and sanity as a teen and young adult. You’ll cheer and at times, wince at Katie’s journey as she slowly and painfully discovers her ailment. This book approaches taboo topics with truthfulness and transparency exposing the raw and undeniable forces of unseen mental and spiritual warfare. Katie’s courage to face the

consequences of her actions and eventually find healing through the grace of medication and her strong faith in Christ is sure to inspire and educate readers who know someone or who suffer themselves with similar issues.”

–Tez Brooks, international speaker and award-winning author of *The Single Dad Detour*

“Brave ... that's exactly the word I would use when describing the author of this book. In the midst of a society that attempts to make sense of this issue, Katie describes the realities of being bipolar at the expense of her personal story. I am convinced that this book will not only give the reader a deeper understanding of those who are diagnosed with bipolar disorder, but will also help alleviate a heavy weight off the shoulders of those who have tried to make sense of what they are experiencing. My heart and prayer are for others to also become bipolar brave!”

–Sammy Lopez, lead pastor and National Speaker for *I Am Second*

“But Deliver Me from Crazy is a powerful story about how Katie Dale suffers from bipolar disorder with psychotic features. It begins with her getting blindsided with a deep depression at sixteen years old, which leads to mania and psychosis. As Dale embodies religious and paranoid delusions with demonic hallucinations, her poor insight into her bipolar disorder prevents her from independently seeking help.

After a harrowing hospitalization for mania and psychosis, Dale is stabilized with medications. Eight years pass until Dale listens to a televangelist preach that Christians can heal without medications. She stops taking all her medication, but torment quickly sets in when she becomes paranoid delusional, thinking the FBI is bugging her house. Sleeplessness mounts on the inpatient unit as she believes the staff would ‘reboot’ her brain if she sleeps.

Alarmingly, psychiatrists barely meet with Dale on all four inpatient courses. This neglect and overly restrictive inpatient criteria yield no surprise when the hospital’s court pursuit to hold her for further treatment against her will fails. As expected in maddening fashion, she gets readmitted within a week.

Dale’s strong religious faith consistently seeps throughout this vivid story. She partially attributes her recovery to her commitment to God. Christian readers with bipolar disorder and psychosis will immediately develop kinship to Dale. Non-religious or agnostic readers like myself will find *But Deliver Me from Crazy* suspenseful, educational, and intriguing.”

–Lynn Nanos, L.I.C.S.W., Award-Winning and Best-Selling author, *Breakdown: A Clinician’s Experience in a Broken System of Emergency Psychiatry*; full-time mobile emergency psychiatric social worker, Massachusetts; leading member of the National Shattering Silence Coalition, which advocates for the population with serious mental illness.

***BUT DELIVER ME FROM CRAZY* by Katie R. Dale**

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