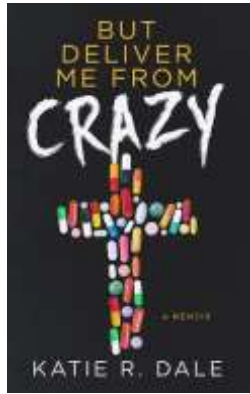


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Publicity Contact: Katie Dale  
katie@bipolarbrave.com

## **Finding Her Faith Despite Losing Her Mind**



# ***BUT DELIVER ME FROM CRAZY***

*A Memoir*

**By Katie R. Dale**

For a young woman whose world is turned upside down, Katie Dale embarks on a faith-testing journey to discover what healing is possible when serious mental illness is her reality. ***BUT DELIVER ME FROM CRAZY: A MEMOIR*** (Communicated Publishing; March 2020; Paperback; \$15.00), by writer of the popular blog BipolarBrave.com, awarded *Top 100 Best Bipolar Disorder Blogs* by feedspot.com, will leave you understanding the importance of medical treatment with mental disorders, and how Katie reconciled her Christian faith in a God who heals with the reality of a life-long illness.

**And lead me not into temptation,  
*But deliver me from crazy.***

Socially inept, sixteen-year-old Katie Wolfe doesn't fit in at her new school. Even her teachers point out her abnormal behavior, which dampens her spirit more. Soon she finds herself in the psychiatric ward, suffering from depression, mania, and psychosis. Stunned by the grimness of her new reality, she struggles to reconcile her insanity with her faith.

For the next eight years, Katie seeks balance through medications and therapy. Sometimes, she feels as if she's fully functioning. At other times, she wonders if she's beyond a miraculous healing apart from medication. Once she hears a televangelist speak of the power of healing through faith alone, she takes a leap of blind faith to heal herself. It makes sense—after all, isn't it up to the believer to claim healing and act on faith?

Her hopes quickly fade as she withdraws from her medications. This new reality leaves her dangling in a dreamlike state of confusion, and this time she is hospitalized for months. Through some tough life lessons and remarkable encounters, Katie realizes healing comes by the grace of God, along with medication.

Join Katie on this journey as medical intervention triumphs over chaos, proving medication is nothing short of a miracle and the answer to her prayers. Within her compassionate, insightful memoir:

- discover the cost of visiting and returning from the brink of insanity
- witness the unseen reality of spiritual warfare amidst psychosis
- find answers to balancing faith and medical treatment

Bio: Katie (Wolfe) Dale advocates for mental health and faith, writing for *Fresh Hope for Mental Health*. She also shares her insights on mental illness and faith on her blog, BipolarBrave.com, and is the mind behind *GAMEPLAN: Mental Health Resource Guide*. She lives with her husband, son, and cat wherever the US Air Force takes them.

***BUT DELIVER ME FROM CRAZY: A MEMOIR* by Katie R. Dale**

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**TO REQUEST EXCERPTS OR TO SCHEDULE AN INTERVIEW  
PLEASE CONTACT: Katie Dale • [katie@bipolarbrave.com](mailto:katie@bipolarbrave.com)**

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