

## The Hypomaniac Edge

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*The Hypomaniac Edge: The Link Between (a Little) Crazy and ...*

The paradox of the hypomaniac edge is that it is a double-edged sword. A Hypomaniac Nation? Energy, drive, cockeyed optimism, entrepreneurial and religious zeal, Yankee ingenuity, messianism, and arrogance -- these traits have long been attributed to an "American character."

*The Hypomaniac Edge | Book by John D. Gartner | Official ...*

The Hypomaniac Edge: The Link Between (A Little) Crazy and (A Lot of) Success in America. Explores the American pervasiveness of hypomania, a genetically based, mild form of mania that endows certain people with high energy, creativity, and a propensity for risk-taking.

*The Hypomaniac Edge: The Link Between (A Little) Crazy and ...*

The Hypomaniac Edge: The Link Between (a Little) Crazy and (a Lot of) Success in America by Gartner, John at AbeBooks.co.uk - ISBN 10: 0743243455 - ISBN 13: 9780743243452 - Simon & Schuster - 2011 - Softcover

*9780743243452: The Hypomaniac Edge: The Link Between (a ...*

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.

*The Hypomaniac Edge: The Link Between (A Little) Crazy and ...*

Procrastination is obliterated when you take on the traits of the hypomaniac. 1. VISIONEERING 2. Plan out Each Day in Advance 3. Visualize Yourself as a Productive Person 4. NoFap+Meditation Book ...

*The Hypomaniac Edge -- The Advantages of Having Marvelous Energy*

And at least three of the following: 1. Inflated self-esteem or grandiosity 2. Decreased need for sleep (e.g., feels rested after only three hours of sleep) 3. More talkative than usual or pressure to keep talking 4. Flight of ideas or subjective experience that thoughts are racing 5. ...

*'The Hypomaniac Edge' - The New York Times*

"'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"

*The Hypomaniac Edge: The Link Between (A Little) Crazy and ...*

The Hypomaniac Edge: The Link Between (A Little) Crazy and (A Lot of) Success in America - Kindle edition by Gartner, John D.. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Hypomaniac Edge: The Link Between (A Little) Crazy and (A Lot of) Success in America.

*The Hypomaniac Edge: The Link Between (A Little) Crazy and ...*

The Hypomaniac Edge (2005), in which he argues that many American leaders could be diagnosed as "hypomaniac" In Search of Bill Clinton (2008) which claimed Bill Clinton showed manic tendencies [12] Rocket Man: Nuclear Madness and the Mind of Donald Trump

*John Gartner (psychologist) - Wikipedia*

The Hypomaniac Edge. Named one of the most "notable new ideas" in the world in 2005—New York Times Magazine, "Year in Ideas" issue. "For centuries scholars have tried to explain the American character...A professor of psychiatry attributes American exceptionalism to a new and hitherto unsuspected source: American DNA.

*John D. Gartner, PhD Books and Writing | Baltimore ...*

"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.

*The Hypomaniac Edge: The Link Between (A Little) Crazy and ...*

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.

*The Hypomaniac Edge on Apple Books*

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