



# Left of the Dial: A Memoir of Schizophrenia, Recovery, and Hope

*Christina Bruni*

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## **Left of the Dial: A Memoir of Schizophrenia, Recovery, and Hope** Christina Bruni

Left of the Dial is a ringside seat to going mad. Christina Bruni refused to let schizophrenia defeat her. Not a superstar, just an ordinary person, Bruni pierces through the mental illness hell with humor. This is a must-read account of what happens when psychiatry gets it right. Christina's title is taken from her days as a college DJ, and it is her belief that her fiercely independent and creative life would not end with the diagnosis that drives her. From breakdown through recovery and relapse, Christina shares her never easy but inspiring progress to wellness. Now in remission over 20 years, Christina became a mental health activist whose signature story offers great hope that getting the right treatment right away results in a better outcome. Her upbeat message will inspire anyone who's ever been told they will never have a career, never live on their own, never achieve their pre-illness dreams. "Yes you can" is her motto.

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