

## Lana R. Castle's Bio

Lana Castle is an internationally published writer, editor, teacher, arts enthusiast and mental health advocate. She has 28 years' experience in communications, publishing and training, and owns the Austin-based company, Castle Communications.

Lana has lived almost her entire life with depression and bipolar disorder, which went untreated nearly two thirds of that time. After her oldest sister's suicide, Lana set out to learn as much as possible about mood disorders.

*Bipolar Disorder Demystified: Mastering the Tightrope of Manic Depression* (Da Capo Press/Marlowe & Company) is the result. This acclaimed book has sold over 71,000 copies and has also been published in Brazil and Japan.

Her latest book, *Finding Your Bipolar Muse: How to Master Depressive Droughts & Manic Floods & Access Your Creative Power* (Da Capo Press/Marlowe & Company), explores the creative/"crazy" connection and helps creative people successfully tap their talents — bipolar or not.

Lana's arts experiences include:

- Acting, costuming, stage design, lighting, sound and theatrical makeup
- Ballet, tap and salsa dancing
- Cartooning, graphics arts, stained glass and rug making
- Photography and video and filmmaking
- Piano, guitar and voice

With this eclectic background Lana helps creative people of all sorts shine, whether using their art as a hobby or turning it into a full-fledged business.

Prior to publishing conventionally, Lana self-published *Style Meister: The Quick-Reference Custom Style Guide* — for aspiring writers to publishing pros. The book is a highly regarded manual for developing customized publishing standards.

Her other publishing credentials include:

- Editing and rewriting nonfiction trade books and texts
- Editing continuing education materials on psychiatry, neuropsychology, psychoimmunology, psychoneuroendocrinology, emergency medicine and other medical topics
- Electronically publishing clients' books, textbooks and promotional materials
- Writing speeches, video scripts and training materials
- Writing articles and columns for magazines and newsletters

Lana holds a B.S. in speech and theatre with an English minor, and an M.A. in instructional design. She spends her free time hiking, sketching, taking photos, playing her tambourine and reading.

Lana lives in Austin, Texas, with her husband Ralph, two cats — one bipolar and one bulimic — and assorted tropical fish. She has two grown stepchildren — a tai chi school and coffee shop owner, and a stand-up comic and film director, both of whom she's very proud.