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The Night Inside

Author: Nicolas Demorand

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Category :

Genres : Psychology/Psychoanalysis

Keywords : Bipolar disorder - Misdiagnosis - Mental health

A sharp, unflinching memoir about living with bipolar disorder that has sold more than 150,000 copies.

In just 100 pages, Nicolas Demorand traces two decades of misdiagnosis, extreme mood swings, failed treatments, and his long road toward a more stable life. This concise and powerful personal account speaks directly to the shame surrounding mental illness, advocating a radical shift in how we perceive it. Clear, sincere, and deeply affecting, Demorand's book offers both testimony and hope.

Sales in France: 150,000 copies

Rights Sold: Korean, Spanish (Spain)

Awards: Influence & Care Grand Prize 2025 - Personal Story Category