

## A picture of a mental disorder that is still a taboo topic in our society



Cordt Winkler  
**Me Is Sometimes  
Someone Else**  
[ICH ist manchmal ein anderer]  
My life with schizophrenia

Goldmann Taschenbuch  
240 pages  
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**Cordt Winkler**, born in 1980, studied media sciences and works in a trend research agency. He lives in Berlin.

Cordt Winkler was in his early twenties when he was given the diagnosis that turned his life upside down: paranoid schizophrenia. Symptoms that even as a small child he had noticed in his father suddenly crept into his own life: the uncontrollable trains of thought and perceptions, panic attacks, paranoia. Hospitalisation. An ordeal for those affected, a mystery for family and friends and always still a social taboo.

Candidly and entertainingly laconically, Cordt Winkler describes the dynamics of a psychotic crisis and leads readers deep into his own inner world – a world that viewed from outside would sometimes be perceived as crazy. He shows that it is possible to live with this disorder – that even a good life is possible. His book is an appeal that, in a world full of well-adjusted self-improvers, deviations from what is regarded as normal should be handled openly. And it is for all those affected: for families and friends of people with mental disorders and for everyone interested in the secret life of the mind.

### Press

"Honest and captivating" *Women in Business*