



Scottish Buddhist Cookbook: Another Book of Mormon

Jay Craig

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The Scottish Buddhist Cookbook is an exercise in manic depression, crock pot recipes, divorce, a stuffed Jesus doll, over-drinking, Scottish Buddhist propaganda, and instruction on how to make a fully functional Great Highland bagpipe out of plumbing supplies.

The Scottish Buddhist Cookbook is a collection of non-fiction short stories about the author's experience in dealing with his bipolar disorder, also known as manic depression. In it, he embraces his mental condition and attempts to help de-stigmatize manic depression.

The stories tell of the author's wife leaving him because of his bipolar disorder and his efforts to control his condition through medication and lifestyle. He creates his own religion, Scottish Buddhism, which is a metaphor for manic depression. He offers suggestions on dealing with bipolar disorder and tries to offer hope that with the proper mental outlook, manic depression can be more of an asset than a liability.

The stories are both humorous and serious, and all are true, from trying to sell a children's doll, Huggy Jesus to Christians, to visiting his friend in a mental hospital. He deals with the death of his best friend, which sends him into a serious depression, and manages to take control of his life by, among other things, getting a job with Ride the Ducks, driving tourists around Seattle in an old WWII amphibious vehicle.

Jay Craig lives on a boat in Seattle and works in the Vitality Department of a senior living facility.

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