Pat Solitano, who has bipolar disorder, is released from a mental health facility into the care of his parents after eight months of treatment. Pat has lost everything – his house, his job, his wife but he is determined to rebuild his life, remain positive and reunite with the wife who wants nothing to do with him.

*Family nuttiness, football madness, romantic obsession, and certifiable mental illness coexist happily in Silver Linings Playbook.* Entertainment Weekly

*Silver Linings Playbook is rich in life's complications. It will make you laugh, but don't expect it to fit in any snug genre pigeonhole. Dramatic, emotional, even heartbreaking, as well as wickedly funny...* Los Angeles Times

*...an edgy romantic dramedy that suits our anxious times.* New York Daily News

**Vocabulary and expressions**

**To kid someone:** To not be serious with someone.

*Are you kidding me?*

**To blow it:** To waste an opportunity or chance.

*I blew it!*

**To be out out on a limb for someone:** To help someone or do something for someone that can put you in a difficult situation.

*I'm out on a limb for you!*
Meds: Prescribed medication.

*I'm not gonna take any meds.*

OCD: Obsessive Compulsion Disorder. OCD is an anxiety disorder and is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviour.

A restraining order: A protection order which makes it a crime for your abusive partner to come near or contact you in any way.

To have a shot at something: To have the chance to do something and have success at it.

A silver lining: A hopeful or comforting prospect in the midst of difficulty. From the proverb "Every cloud has a silver lining".

You have a shot at a silver lining.

Hoity-toity: Refers to something upper-class, ritzy, elegant, and sophisticated (usually in a negative way); pretentious and self-important.

To pipe down: When you tell someone to pipe down you are telling them to be quiet or to shut up.

A slut: A derogatory term for a woman who is considered to have loose sexual morals or is sexually promiscuous.

A juju: A fetish, charm, or amulet (of West African peoples) that is also often considered to have magical powers.

To nail something: To perform or do something flawlessly.

You can't read it (the letter) until after you nail the big move.

America's Team: The Dallas Cowboys (American football team) are often referred to as America's Team.

A point spread: In betting on a sports game, e.g. American football, people bet on the difference in points scored by the two teams.

A parlay: A parlay bet is a single bet that links together two or more individual wagers and is dependent on all of those wagers winning together.

To give someone a break: To give someone a chance or special consideration; to stop criticizing or behaving in an unpleasant way to someone.

A quitter: Someone who gives up easily, especially in the face of some difficulty.

He cannot be a quitter!