



## **Voices of Bipolar Disorder: The Healing Companion: Stories for Courage, Comfort and Strength (Voices Of series)**

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# Voices of Bipolar Disorder: The Healing Companion: Stories for Courage, Comfort and Strength (Voices Of series)

## Voices of Bipolar Disorder: The Healing Companion: Stories for Courage, Comfort and Strength (Voices Of series)

Heartbreaking and yet humorous, this inspirational collection includes personal stories from more than 40 diverse people who are living with bipolar disorder—a condition that affects some five million Americans. Each story reveals strategies used to cope with the varying symptoms—from mania and depression to recklessness and listlessness—and offers insight into what it is like to have this mood instability disorder. Paired with essays from renowned medical researchers on the science of the disease and a comprehensive resources section on where to get help, these first-hand accounts illustrate the strength of the human spirit and offer the advice and encouragement essential to recovery. For those seeking bravery, consolation, strength, and understanding, this collection of stories is an invaluable and uplifting resource.

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