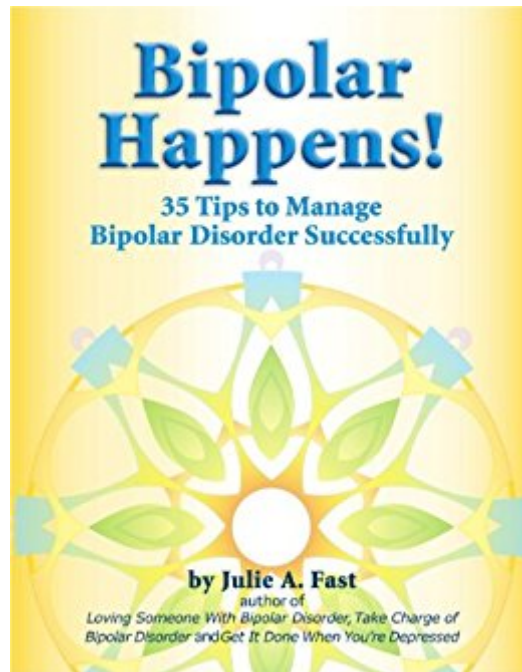




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# Bipolar Happens! 35 Tips And Tricks To Manage Bipolar Disorder



## Synopsis

Bipolar Happens! provides 35 inspirational tips for those with bipolar disorder as well as invaluable information for those who care about a person with bipolar disorder. Written with a very funny and riveting honesty as only a person with the illness can do, Bipolar Happens! offers practical knowledge and deep insights into what it is like to live with bipolar disorder. Compelling, insightful and never afraid to tell the truth, many of Julie's readers credit this book as being their personal catalyst for change. "When I read this book I actually felt that someone really understood me, and it made me feel hope for the first time since my diagnosis. I didn't know what it meant to be psychotic or why I got overwhelmed a lot in crowds. I learned how to manage mania much better than in the past. And now I can see that I'm not the only one who wakes up with depression. Julie is funny and so willing to say what many people won't. This book talks about the stuff we go through that never gets put into books. The book is like reading fables. It's not overwhelming, but you really learn a lot."

## Book Information

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## Customer Reviews

Good book! only 99 cents on Kindle! Bipolar affects people differently but I found Julie's Tips and Tricks to be "spot on"! I have been practicing the art of brain self-control since I was very young but not always successfully, but these tips she outlines work most of the time. A good read for anyone with bipolar or a friend.

This book is really informative and is told from the perspective of someone who has the disorder. The way she describes the symptoms and how it feels, I see myself while reading this book. I highly recommend this book for people that have this disorder and for people who love someone who has this disorder. Overall a good and informative book.

I have a family member diagnosed not long ago with BP and it has been a long nightmare trying to get the right treatment. This book is short, readable, informative -- but most of all, HOPEFUL. It doesn't downplay anything, but it DOES firmly put BP in its place, as a disorder that people can have and deal with, rather than as an all-consuming monster that swallows your life. It is funny, blunt and reassuring, and what it says is this: You don't have to live like this, this is not normal life, and you can have a normal life (or close to it) if you want to. This happens, but it's not YOU. Whether you have BP or someone you know does, read this book!

It's like she's in my head, her description of what it's like to have Bipolar Disorder is spot on. I would recommend this book for someone who has a friend or family member with Bipolar if you want to understand what it's like. Her advice for dealing with mania and depression is a bit simplistic though.

Being bipolar I have to say all people are different and not all things work for all bipolar people. This book had some things that applied to me and some good suggestions. It was well written, easy to read and understand. I did pass it on to one of my bipolar children hoping it would also be beneficial to him

Anyone with bipolar disorder or families that have loved ones with this disorder should read the book because it can explain some of the things that our doctor's seem to forget to mention due to time and availability of service.

I think that Biopolar depression should be explained better. People do not understand how

devastating this disease can be. It is a real struggle going through everything that occurs. Thank goodness that they are finally starting to share more information about depression.

I have been diagnosed with bipolar disorder 23 years ago. I suffer from major panic attacks. This book was so very helpful! I'm grateful that this book taught me how to know my triggers and how to ward them off. I no longer feel guilty to ask for help from friends and family.

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