

# The Reality of Bipolar Disorder: My Story of Faith, Strength, and Hope

Darcie Cooper

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Take hold of your own personal journey. Make peace with it. Peace is truth. If you suffer from bipolar disorder (also called manic-depression), or if you love someone who does, then you already know how frustrating and baffling this mental illness can be. This book assures you that there is great hope-through all of life's circumstances. Even though bipolar disorder may put us through extreme challenges each and every day, if we are rigorous about taking the right medications and keeping an appropriate lifestyle, we can effectively stabilize the disease and choose a good life. Darcie Cooper was led by God's Spirit to present her story to others. "God does not want us to suffer. God wants us to know that we do not have to resort to selfharm or suicide. He is always with us." She tells us of her personal journey through life's many obstaclesincluding tragedy, loss, poor physical health, and bipolar disorder. Our destinies are different, and they call us at different times of our lives, but we can learn to flow with what has been given. Each person's experience with this disease will be unique, but every one of us can find a successful path to staying sane.



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