



Bi-polar Girl: An Irreverant Look at Bipolar Disorder

Gabrielle Blackman-sheppard

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Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels and the ability to carry out day-to-day tasks. Symptoms of bipolar disorder are severe they are different from the normal ups and downs that everyone goes through from time to time. They can result in damaged relationships, poor job or school performance and even suicide. But Bipolar Disorder can be treated and people with this illness can lead full and productive lives.

This book is born out of the author's desire to encourage individuals who find themselves sitting in the waiting rooms of psychiatric clinics and hospitals with this diagnosis. It is a first-person narrative and it is not meant to be a recommendation for any particular treatment. In an easy-to-read format as well as fully illustrated, it is meant to be read by those who are going through the worse of Bipolar Disorder and to provide an understanding in broad, simple terms to family and friends as to what really goes on in 'Bipolarland'.

Gabrielle eventually found her way back to a happy life, full of love, hope and laughter, and perhaps by reading this book you also may find your way back to laughter and the life you want to regain.

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Sandra Leggett:

The actual book Bi-polar Girl: An Irreverant Look at Bipolar Disorder has a lot of information on it. So when you make sure to read this book you can get a lot of gain. The book was compiled by the very famous author. This articles author makes some research prior to write this book. This kind of book very easy to read you will get the point easily after reading this article book.

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