



# Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder

*Julie A. Fast*

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## **Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder** Julie A. Fast

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."

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