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Overcoming Bipolar Disorder and the Stigma

Kaitleigh Schneider

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Overcoming Bipolar Disorder and the Stigma Kaitleigh Schneider
Gain hope, support, and victory! The book version of Kaitleigh's blog Weathering the Storm: Overcoming Bipolar Disorder. Created to provide hope, support, and insight to those who are affected by bipolar disorder and mental illness; Also including support and educational information for caregivers and loved ones. Kaitleigh is a fellow bipolar survivor and stigma fighter who believes that we all have the potential to gain control over our illnesses and win the battle. “There is still hope for a more joyous and stronger future. Keep weathering the storm, push through the strength of the tides, take your time, relax, and breathe. Don’t let the strong winds knock you down. Get up, fight, and try again. You are strong enough. Keep pressing on, embrace the moment, and never give up. Life is a beautiful journey. In time, you will see. ” -Kait

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