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Bipolar Intrigue

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Bipolar Intrigue

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How committed are you to your mental health? Everybody has a story, with true events and very real consequences. But not everyone has the added variable of mental illness to contend with. Bipolar Intrigue tackles the difficult subject of mental illness, specifically bipolar disorder, and the vital role that people's commitment to their mental health plays in their ability to function and even thrive. The book includes the author's own experience with bipolar disorder, from his childhood to adulthood and around the globe. It chronicles the extreme behaviors, vivid nightmares, cruel consequences, and the fear and darkness experienced by those struggling with mental illness. Bipolar Intrigue is also a true story of commitment; a story of standing tall in the face of hopelessness, defining one's faith, salvaging one's soul, and beginning the process of living again.

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