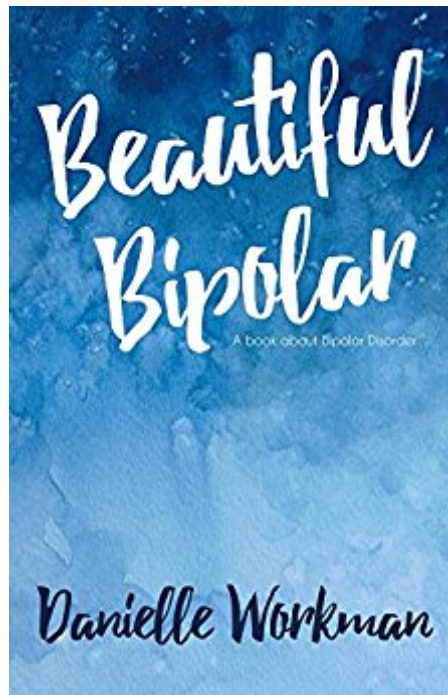




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Beautiful Bipolar: A Book About Bipolar Disorder



Synopsis

â œl was Bipolar. I AM Bipolar.â • Danielle Workman, a once blogger turned author, was faced with what she deemed terminal in her ill mind; a diagnosis of Bipolar Disorder. In this book she details her adventures and her experiences with this mental illness, including the bouts of mania, depression and her current thoughts on living life with it. This is a raw and real collection of truths about Bipolar Disorder, and is a beautiful tell-all novel.

Book Information

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Kindle Short Reads > Two hours or more (65-100 pages) > Self-Help

Customer Reviews

This is a story that needs to be told. Mental health issues require a level of authenticity that is often not found in other areas. For too long people have been afraid to tell this story in the way it should be told... Until now. Beautiful Bipolar is that story that needs to be told. This is a chain breaking, wall busting, stigma destroying tale and the best part is that it's told by someone who is actually on this journey. I highly recommend this book.

I read this book in one sitting. I couldn't put it down! It was heartbreaking and uplifting. It was so raw and so real and so eye opening. Even when it was hard to read because my heart hurt for Dani I

was impressed by the writing. I could feel her pain, I struggled with her and i could feel the sun on her beautiful face! The world can learn from you Dani and should rejoice in your voice. Thank you for sharing your journey, thank you for sharing your gift and thank you for persevering! P.S. normal is a myth and a fiery smart-ass is good for the soul. So proud of you.

This book was a peak into someone who lives with bipolar. It is heartbreaking and inspiring all at the same time.

I just finished the book and I feel so privileged to have it in my hands. Thank you for letting us peak into your life and thank you for sharing your thoughts with us. I loved it!

Dani writes a compelling and informative story describing her journey to being diagnosed as bipolar. It gave me some insight into how people act or react to others with this condition. I hope she continues to write and share. Her bravery in sharing helps us all to better understand mental illness and how we can all work together to reduce the misconceptions surrounding mental illness.

The author shares her experiences with Bipolar disorder from the beginning, as a teenager/young woman. From her perspective, you'll read of the good times and the brilliance of happy days, as well as the crushing dark low days. And you'll read of daily struggles and experiences, good and bad. The author has a way of telling her story that just reels you in and makes you want to read more. I enjoyed reading this book!

Dani Workman has in a single story given us a brief but poignant glimpse into a young life where the struggle of bipolar depression molds her into the woman she is today. Through perseverance and knowledge, she shows the reader that dealing with mental illness can be painful but also it can be survived and happiness can still be achievable... Through support of self from loved ones and research into knowing how this illness may affect you. I HIGHLY recommend this book for anyone who needs an insight into bipolar disorder and how to cope.

I have to say this is a great book I enjoyed reading this book it was easy reading and explained how one feels about being diagnosed with bipolar and I felt like I was there and feeling how it must feel to have that condition it really helps me look at how my child must have felt because he was diagnosed with this also thank your for such a great read and letting me into your life it's been

wonderful to know you and your family love you Dani

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