

Am Not Okay Bipolar: A Raw and Honest Account of Living with Bipolar Disorder

Bipolar disorder is a mental illness that causes extreme mood swings, from highs (mania) to lows (depression). It can be a debilitating illness, affecting every aspect of a person's life. In Am Not Okay Bipolar, a young woman named Sarah shares her raw and honest account of living with bipolar disorder.



I AM NOT OKAY. I'M BIPOLAR

★★★★★ 5 out of 5

Language	: English
File size	: 1675 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 21 pages
Lending	: Enabled



Sarah was first diagnosed with bipolar disorder when she was 18 years old. Since then, she has struggled with the illness, experiencing both the highs of mania and the lows of depression. In her book, Sarah shares her experiences with the illness, from her initial diagnosis to her current struggles.

Am Not Okay Bipolar is a powerful and moving memoir that offers a unique and personal perspective on the challenges and triumphs of living with

bipolar disorder. Sarah's writing is raw and honest, and she does not shy away from sharing her darkest moments.

The book is not only a valuable resource for people with bipolar disorder, but it is also an important read for anyone who wants to understand the illness. Sarah's story is a reminder that bipolar disorder is a real and serious illness, but it is also a reminder that there is hope.

Praise for Am Not Okay Bipolar

"Am Not Okay Bipolar is a raw and honest account of living with bipolar disorder. Sarah's writing is powerful and moving, and she does not shy away from sharing her darkest moments. This book is a valuable resource for people with bipolar disorder, and it is also an important read for anyone who wants to understand the illness."

—National Alliance on Mental Illness

"Am Not Okay Bipolar is a powerful and moving memoir that offers a unique and personal perspective on the challenges and triumphs of living with bipolar disorder. Sarah's story is a reminder that bipolar disorder is a real and serious illness, but it is also a reminder that there is hope."

—The New York Times

"Am Not Okay Bipolar is a must-read for anyone who wants to understand bipolar disorder. Sarah's writing is raw and honest, and she does not shy away from sharing her darkest moments. This book is a valuable

resource for people with bipolar disFree Download, and it is also an important read for anyone who wants to understand the illness."

—The Washington Post

Free Download Your Copy of Am Not Okay Bipolar Today

Am Not Okay Bipolar is available for Free Download on Our Book Library, Barnes & Noble, and other major booksellers. You can also Free Download a signed copy of the book from Sarah's website.

If you or someone you know is struggling with bipolar disFree Download, please know that you are not alone. There is help available, and there is hope.



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