



Bipolar and Me: The Diagnosis, the Treatment, and the Experience

Curtis B. Ford Jr.

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Bipolar and Me discusses the meaning or definition of Bipolar Disorder, according to the research I have done. I have dedicated this information to the first part of my book. The majority of this book talks about my experiences growing up with Bipolar Disorder. I speak about the people that were involved in my personal life. By all means, don't think that bipolar patients are "loony" or "nutty as a fruitcake." Bipolar takes a great effect on the body itself. There are different stages of bipolar, therefore, various types of medications have to be distributed to patients. Irregular medication intake and alcohol abuse can effect major changes in the body's metabolism and may cause your mind to be thrown off track. It may appear that you are a little disoriented. The medication affects your mode of thinking or your judgement. In my case, I pretty much stayed in some type of stupor. I hope that this book will touch Bipolar patients all over the world. Always remember GOD HAS NOT FORGOTTEN!



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Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book could be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try look for book, may be the book untitled Bipolar and Me: The Diagnosis, the Treatment, and the Experience can be good book to read. May be it might be best activity to you.

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