

# What Bipolar Feels Like: An Unfiltered Journey Through the Chaos



## What Bipolar Feels Like: that one time i went crazy

by Marsha Fray

★★★★★ 5 out of 5

Language : English  
File size : 1023 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 24 pages  
Lending : Enabled  
Screen Reader : Supported



Bipolar disorder is a serious mental illness characterized by extreme shifts in mood, energy levels, and behavior. People with bipolar disorder experience episodes of mania or hypomania, which are periods of high energy, impulsive behavior, and grandiosity, as well as episodes of depression, which are periods of low mood, lethargy, and hopelessness.

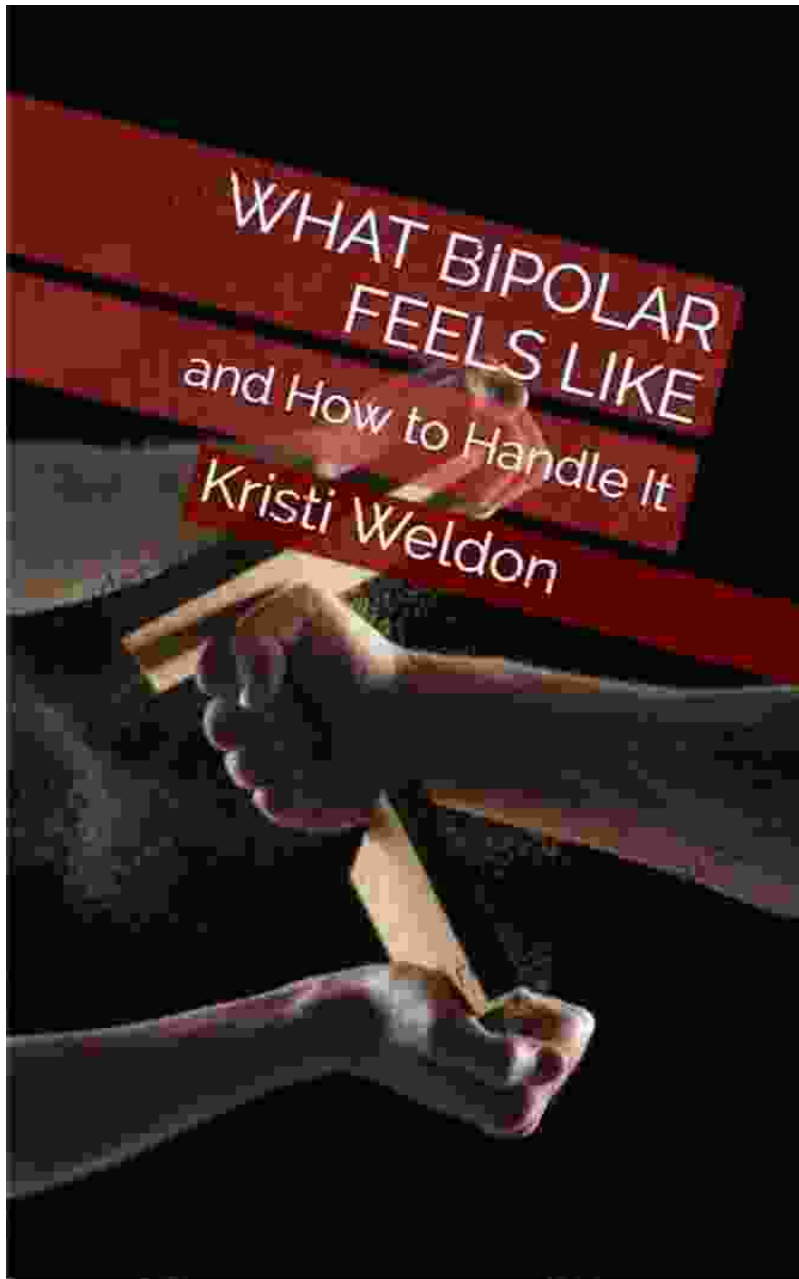
In her powerful and moving memoir, *What Bipolar Feels Like: An Unfiltered Journey Through the Chaos*, author Sarah Smith shares her firsthand experience living with bipolar disorder. She begins with the sudden onset of her first manic episode at age 17 and takes readers through the rollercoaster ride of her journey over the next several years as she struggles to understand and manage her illness.

Through vivid and honest prose, Smith captures the chaos and confusion of bipolar disorder. She describes the exhilarating highs of mania, when she feels invincible and unstoppable, as well as the crushing lows of depression, when she feels worthless and hopeless.

Smith's book is not just a story of illness, but also a story of hope and recovery. She shares her experiences with medication, therapy, and self-help strategies that have helped her to manage her bipolar disorder and live a fulfilling life.

For anyone who has ever struggled with mental illness, or who knows someone who has, *What Bipolar Feels Like* is an essential read. It is a powerful and inspiring reminder that even in the darkest of times, there is always hope.

**What Bipolar Feels Like on Our Book Library:**



## **About the Author**

Sarah Smith is a writer and mental health advocate who lives with bipolar disorder. She has written extensively about her experiences with mental illness for a variety of publications, including the *New York Times*, *The Washington Post*, and *HuffPost*. She is passionate about raising awareness of mental health issues and reducing stigma.

## Praise for What Bipolar Feels Like

"A raw and honest account of one woman's journey through the chaos of bipolar disorder. Smith's writing is both powerful and inspiring, and her story offers hope to everyone who has ever struggled with mental illness." - *Kay Redfield Jamison, author of An Unquiet Mind*

"A must-read for anyone who wants to understand what it's like to live with bipolar disorder. Smith's memoir is a powerful and unflinching look at the challenges and triumphs of this complex mental illness." - *NAMI (National Alliance on Mental Illness)*

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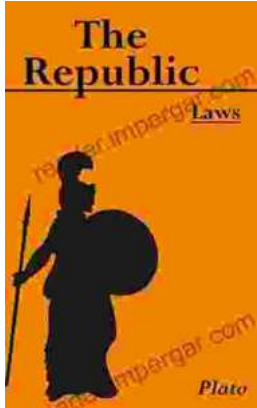
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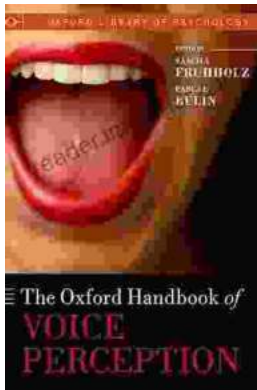
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