



Bipolar Disorder Manual

Shay Villere

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So, you've just been diagnosed with bipolar disorder, also known as manic depression. The first thing I want to tell you is that the world is not over! Life does continue. Even though you are probably looking through this booklet while in a psychiatrist's office or a hospital room, life does go on - and happily, I might add! The fact that you have this disorder is simply another challenge to deal with, and should be regarded as such. Of course, being bipolar is a special challenge. It's not like studying for a test or performing well in a sporting event. It comes with a whole new group of emotions and situations. What this booklet will do is help you get through the next few months of your life.

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