



# **Bipolar No More: A Memoir of Hope and Recovery**

*Michelle J. Holtby*

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## **Memoir of a blessing disguised as a tragedy.**

More than two million Americans have bipolar disorder. In her memoir, Michelle Holtby tells how the illness ruined-and saved-her life.

In May 2001, at age 27, a brain disorder overwhelms her. Soon she slips into an alternate reality and believes she's God. Hospitalization and a diagnosis of bipolar disorder bring stability.

But what about recovering? How does she learn to live with her mental illness? And above all, she wants to know why God wrecked her life-causing her to lose her career, friends, and home.

Over the next 7 years Michelle peers into the cracks of her soul to confront her anguish, anger, and self-loathing. Finding new meaning for her life powerfully aids her recovery. By extracting healing insights from her wrenching loss, she moves forward to wellness.

But each day she must actively choose to remain in balance. It's a constant challenge to push aside the negative voices in her head. Every day she consciously embraces hope to ensure continued recovery. To help others on their journey to wellness, she shares many of her practical self-care techniques.

This memoir is for anyone whose life has been touched by mental illness. With candor and bravery, Michelle Holtby gives a taut and compelling eyewitness account of living with bipolar disorder. Her memoir confronts stigma and replaces it with understanding. In overcoming despair, she shows how hope and faith endure and guide her recovery.

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This Bipolar No More: A Memoir of Hope and Recovery book is not really ordinary book, you have it then the world is in your hands. The benefit you have by reading this book will be information inside this reserve incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This specific Bipolar No More: A Memoir of Hope and Recovery without we understand teach the one who reading through it become critical in thinking and analyzing. Don't become worry Bipolar No More: A Memoir of Hope and Recovery can bring once you are and not make your bag space or bookshelves' become full because you can have it in your lovely laptop even cellphone. This Bipolar No More: A Memoir of Hope and Recovery having excellent arrangement in word as well as layout, so you will not experience uninterested in reading.

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Nowadays reading books become more and more than want or need but also become a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want have more knowledge just go with education and learning books but if you want feel happy read one with theme for entertaining for instance comic or novel. The Bipolar No More: A Memoir of Hope and Recovery is kind of publication which is giving the reader unstable experience.

#### **James Hanson:**

Reading can called thoughts hangout, why? Because if you are reading a book mainly book entitled Bipolar No More: A Memoir of Hope and Recovery your mind will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging just about every word written in a publication then become one contact form conclusion and explanation this maybe you never get before. The Bipolar No More: A Memoir of Hope and Recovery giving you yet another experience more than blown away your head but also giving you useful details for your better life in this era. So now let us demonstrate the relaxing pattern this is your body and mind will be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

#### **Armida Shipman:**

Bipolar No More: A Memoir of Hope and Recovery can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Bipolar No More: A Memoir of Hope and Recovery but doesn't forget the main place, giving the reader the hottest in addition to

based confirm resource info that maybe you can be among it. This great information may drawn you into new stage of crucial contemplating.

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