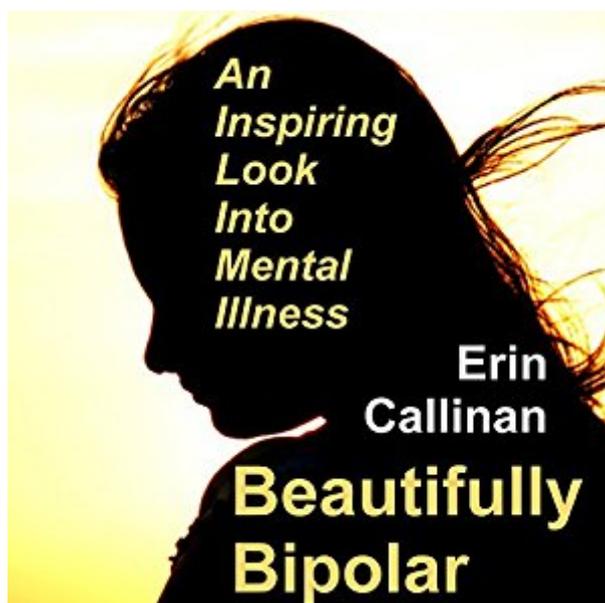


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# Beautifully Bipolar: An Inspiring Look Into Mental Illness



## Synopsis

"I was frustrated," says Erin Callinan about the genesis of her critically-acclaimed memoir *Beautifully Bipolar*. "I could no longer sit back while conversation surrounding mental illness was negative, scary, insulting, and inaccurate. I have a voice, and I have a story. I felt a passion, and I went with it. I just started writing: no judgments, limits, or rules." Her purpose: To challenge people to address and remove the stigma associated with mental illness. Reviewers have enthusiastically praised the volume, one calling it the "perfect first non-clinical book for family members, loved ones, or even sufferers themselves, who are just adjusting to the unsettling diagnosis of bipolar disorder." Ultimately Erin's story is impossible to set aside and vitally import to know.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 19 minutes

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## Customer Reviews

A perfect first non-clinical book for family members, loved ones, or even sufferers themselves, who are just adjusting to the unsettling diagnosis of Bi-Polar disorder. The language, events, and circumstances are true to life, and I can attest. As one recently married to a cherished friend from many years ago, whom I've now discovered is bipolar, I found this book to be a "window" into our home. My new wife didn't tell me her complete diagnosis, just "depression, and PTSD", and I spent anxious months going from counselor to counselor trying to figure out, what was wrong with my soulmate. This book is like a diary of our last 7 months, and written as if through my wife's eyes. The language, the blunt profanity, followed by religiosity that Erin describes may shock you, but I assure you, they are the "real deal". This book is a must if you are trying to understand how your loved one feels, and what's going on inside even when the words and actions on the outside are so angry they

drive you away. The graphic nature of it's stories will resonate with those of you who are living with someone who's Bi-polar condition is not managed. . It will also strengthen your resolve, not to reject the bi-polar afflicted person in your life when they're acting out the chemistry inside, that torments them, and rages at you. And this book will encourage you to persist, reach out and get mental health, and / or police assistance, when needed to help your loved one into a better place. The legal and mental health system is ugly, complicated, and is filled with apparent roadblocks to getting help, and doesn't come with a user's manual. The process is painful for both the family member and the loved one suffering with the Bi-Polar disorder. But Erin proves its worth the struggle.

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