



Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder

Wendy K. Williamson

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From the "Two Bipolar Chicks" Wendy and Honora comes this survival guide written for the novice, the pros and everyone in between. Wendy and Honora cracked their wellness vaults of three decades' worth of tips to tell you what has, and has not, worked. They wrote this book hoping to saving you money, time and face the struggles of bipolar disorder honestly. *Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder* is the resource guide they wish *they* had when diagnosed, dubbed by professionals and readers as the "manual to bipolar life."

Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder is not solely a book for people with bipolar disorder; psychologists, doctors, friends and parents alike are all learning tips on bipolar disorder. From advice on medication, to their own, personal journeys with acceptance, The Two Bipolar Chicks offer tips on managing depression, mania, manic sex, acceptance, medication, CBT, DBT and ECT, among others, and how *not* to blow your money. No stone has been left unturned and you will feel like you have just had a conversation with a couple of friends.

Wendy K. Williamson blogs for *The Huffington Post*, *BP Magazine's* BPHope.com and has written for *The Two River Times*. Her first book, *I'm Not Crazy Just Bipolar* has been positively reviewed by *Publisher's Weekly* and National Alliance on Mental Illness' *The Advocate*. Together, Wendy and Honora run The Red Bank Writers Group and stay sane, as much as possible, under one roof.

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Patricia Steele:

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