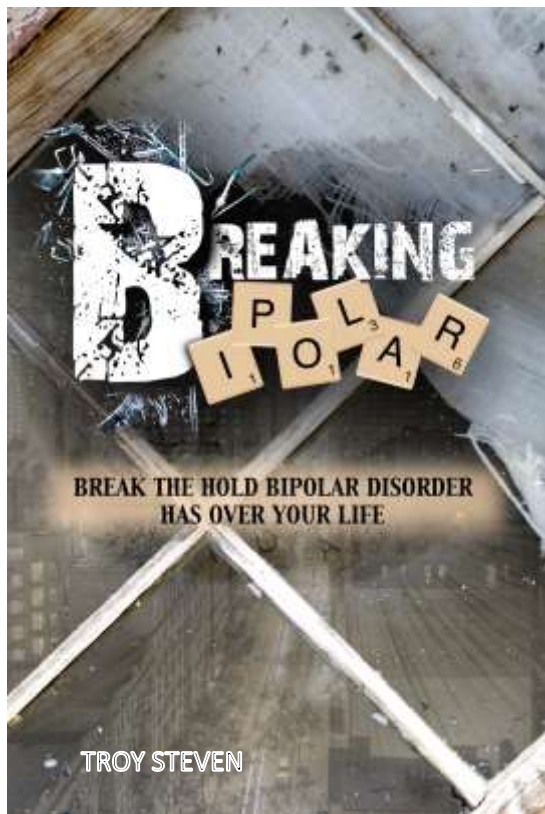


BREAKING BIPOLAR: BREAK THE HOLD BIPOLAR DISORDER HAS OVER YOUR LIFE by Troy Steven



ABOUT THE BOOK

Breaking Bipolar is an empowering self-help book with clear, detailed instructions on how to create a powerful battle plan to BREAK the hold bipolar disorder has on your life, and eliminate bipolar episodes for good.

In this ground-breaking book, Troy Steven combines the knowledge he has gained battling bipolar disorder for over 20 years, his engineering expertise developing plans and procedures, and the wisdom of five bipolar individuals he interviewed, to equip bipolar individuals with the knowledge and skills needed to win the war against bipolar disorder.

CHAPTERS

1. Create Your Bipolar Battle Plan
2. What's At Stake?
3. The Good News
4. Make A Contingency Plan
5. Enemy Reconnaissance
6. Optimize Your Medication
7. Choosing The Right Psychiatrist
8. Train Your Mind
9. Train Your Body
10. Recovering From A Bipolar Episode
11. What You Need to Know About Psychiatric Hospitals
12. Legal Rights
13. Winning the Bipolar War

REVIEWS

Midwest Book Review:

http://www.midwestbookreview.com/sbw/sep_20.htm#psychology

Book reviews on Amazon:

https://www.amazon.com/gp/product/B089153MJG/ref=dbs_a_def_rwt_bibl_vppi_i0#customerReviews

ABOUT THE AUTHOR

Troy Steven has been battling Bipolar Disorder since 1993. He is a graduate of Purdue University and holds a Master's Degree in Engineering from N.C. State University. He has worked as an Engineer since 1984. He is the proud Dad of 4 children and Grandpa of two grandchildren. Troy resides in Satellite Beach, Florida.

MARKETING

- Public and Academic Library Campaign
- Social Media Campaign, Bipolar Blogs, Podcasts, Interviews
- Outreach to Bipolar / Mental Health Support Groups

COMPARABLE TITLES

- Take Charge of Bipolar Disorder
- An Unquiet Mind
- The Bipolar Disorder Survival Guide
- Manic: A Memoir

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