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Troy Steven gives hope to bipolar sufferers in new book

Author gives hope and help to bipolar individuals and their families in 'Breaking Bipolar'

SATELLITE BEACH, FL. – According to the National Institute for Mental Health, approximately 5.8 million adults suffer from bipolar disorder in the United States. Author and engineer Troy Steven, diagnosed with bipolar disorder in 1993, has had many ups and downs over the years, but after a particularly dark time in his life he decided he needed a plan of attack to manage the illness. The result became his new book, ***“Breaking Bipolar: Break the Hold Bipolar Disorder has Over Your Life”***, a self-help guide for those looking to live a full and happy life with bipolar disorder.

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.

Breaking Bipolar arms bipolar individuals with the ability to:

- Create their own personal bipolar battle plan
- Eliminate bipolar episodes
- Optimize their medications
- Recognize symptoms of mania and depression
- Form a support team
- Find a psychiatrist they trust
- Boost their mental and physical health
- Recover faster from a bipolar episode
- Deploy their legal rights if necessary
- Navigate psychiatric hospitals
- Win the war against bipolar disorder
- Make their dreams come true!



By giving readers the tools to succeed, Steven aims to alleviate the suffering of others and provide a road map to success. Steven writes, “The bipolar individual must take complete responsibility for battling the illness, and live by the motto “Bipolar Heal Thysel”. “By creating their own bipolar battle plan and learning the strategies outlined in this book they can achieve happiness,” he says. “The book is meant to inspire, enable, save lives, and help fellow bipolars overcome their illness.”

“Breaking Bipolar”

By Troy Steven

Softcover | 6 x 9in | 198 pages | ISBN 9781513650449

Hardcover | 6 x 9in | 198 pages | ISBN 9781513660370

E-Book | ISBN 9781513650265

About the Author

Troy Steven has been battling Bipolar Disorder for over 20 years. 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 four children and Grandpa of two grandchildren, and enjoys bonfires on the beach, spending time with family, and reading and writing. Troy resides in Satellite Beach, Florida.

www.breakingbipolar.life