



Bipolar Life

Jason Taff

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From the gleeful heights of energy so intense that you have to take notes to follow your own thoughts to the dark depths of depression that robs you of all motivation and will to continue, bipolar disorder can take a heavy toll. Author Jason Taff writes about his first experiences with this disorder in this book, *Bipolar Life: a Journey with God*. Jason was young when he was diagnosed with bipolar disorder. He was known for soaring moods and fantastic plans as well as a quick temper and brooding depressions. When his mother was at a loss for what to do next, he was taken to a doctor. Getting to know himself better was half the battle. As he learned more about his illness, he found ways to function and to have a relatively normal life. Follow along as Jason gives insight, wisdom, and advice into the Bipolar Life. If you or a loved one suffers from the disorder, you'll learn how to better cope with its daily struggles, stick through the depression, and persevere past the highs. If you're just interested in learning more about the disorder, Jason Taff gladly dispels tragic stereotypes and explains the real reasons behind bipolar behavior.

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Darron Hiller:

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Andre Smith:

Spent a free time to be fun activity to accomplish! A lot of people spent their free time with their family, or their own friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the publication untitled Bipolar Life can be excellent book to read. May be it could be best activity to you.

Betsy Haley:

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