



The Other Side of Bipolar: Revealing Your Strengths to Move Beyond the Diagnosis

Lauren Polly

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The Other Side of Bipolar offers hope and a new perspective of mental illness that can help millions of people. A unique combination of memoir and self-help book, it invites us to reexamine our definitions of mental illness as a debilitating disease, and consider another possibility: what if instead of a wrongness, these symptoms point to capacities that are not yet fully understood? What if being bipolar or mentally ill is a sign that you have intelligences that others do not understand?

Through this new perspective, you can be empowered to go beyond any diagnosis or label you have been given and start to explore the uniqueness and beauty of who you truly are. Embedded throughout this poetic story are examples of tools and techniques you can apply immediately to begin to create a sense of peace and possibility in your life.

Lauren's story will captivate you and show you a path to finding peace and joy with being different, and ultimately how to utilize your difference to shift from surviving in this world to thriving and creating a satisfying life for yourself. You don't need to live a small, safe existence; you can go after your dreams, challenge yourself, and create a life far beyond what you may have thought is possible.

"The Other Side of Bipolar sits apart from other autobiographical surveys of psychological struggles, offering readers the rare opportunity to explore and utilize many of the gifts formerly identified as disabilities. Any who have faced such a diagnosis will find this an inspiring, engrossing saga which offers hope, revelation, and much food for thought as it follows a journey that takes the identification of 'bipolar' and turns it upside down." -- Diane Donovan, Senior Reviewer, Midwest Book Review

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From reader reviews:

Floyd Hatfield:

People live in this new morning of lifestyle always attempt to and must have the time or they will get lot of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely indeed. People is human not really a robot. Then we ask again, what kind of activity have you got when the spare time coming to you of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read is definitely The Other Side of Bipolar: Revealing Your Strengths to Move Beyond the Diagnosis.

Jon Gomes:

Is it you who having spare time subsequently spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This The Other Side of Bipolar: Revealing Your Strengths to Move Beyond the Diagnosis can be the respond to, oh how comes? A book you know. You are and so out of date, spending your spare time by reading in this new era is common not a geek activity. So what these publications have than the others?

Nancy Deanda:

In this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become considered one of it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to possess a look at some books. One of several books in the top listing in your reading list will be The Other Side of Bipolar: Revealing Your Strengths to Move Beyond the Diagnosis. This book and that is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking right up and review this book you can get many advantages.

Jonathan Sanders:

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