



# Turned Inside Out: Trials & Victories of a Bipolar Family

*Sheryl Pent*

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# Turned Inside Out: Trials & Victories of a Bipolar Family

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## **Turned Inside Out: Trials & Victories of a Bipolar Family Sheryl Pent**

A common sense approach to identification of the disorder, symptoms, coping and treatments. An inspirational story to let you know you can survive this disorder and that you are not alone. Guide to aid you in your recovery and a guide to aid your family on how to help you and recognize that problem. A step by step process to get on with living. An in-depth journal of a bipolar family. Inspirational and informative view of the reality based life of a bipolar person, with all the regular choices to be made and laced with hope. The development and relative problems of a bipolar affected person. Effects on the surrounding persons and recommendations to help both the affected person and others involved with this person. The book contains detailed insight in the great influence that the bipolar disorder has had on my life and the lives of my family. Also, included in the book are photo illustrations and help aids. The subject of bipolar disorder is one of a national issue not just a local matter.

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