



Bipolar Shoes: People Do Matter

Dave O'Riordan

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This is the story of my life living with Bipolar Disorder. After I had a major mental breakdown back in 1994 and diagnosed I found very little literature that I could understand or relate to on my illness. Everything was over my head and quite frankly bored me to read. Even though I live with Bipolar I am a positive person who enjoys life and I want to give back. No one said life was going to be easy but so far for me it's been an incredible journey. I wrote this book not because I'm an author but to give back to families like mine. They go through the rollercoaster ride everyday of living with a person who has a mental illness. So sit back and take a stroll with me and my "Bipolar Shoes" as I describe my life with Bipolar Disorder. This is life and its supposed to be funny with some bumps along the way a book is to be informative as well as enjoyable. People have been telling me I should write a book for years. Now I finally have and I hope you enjoy it.

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Hilda Szymanski:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family members or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book Bipolar Shoes: People Do Matter it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book offers high quality.

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