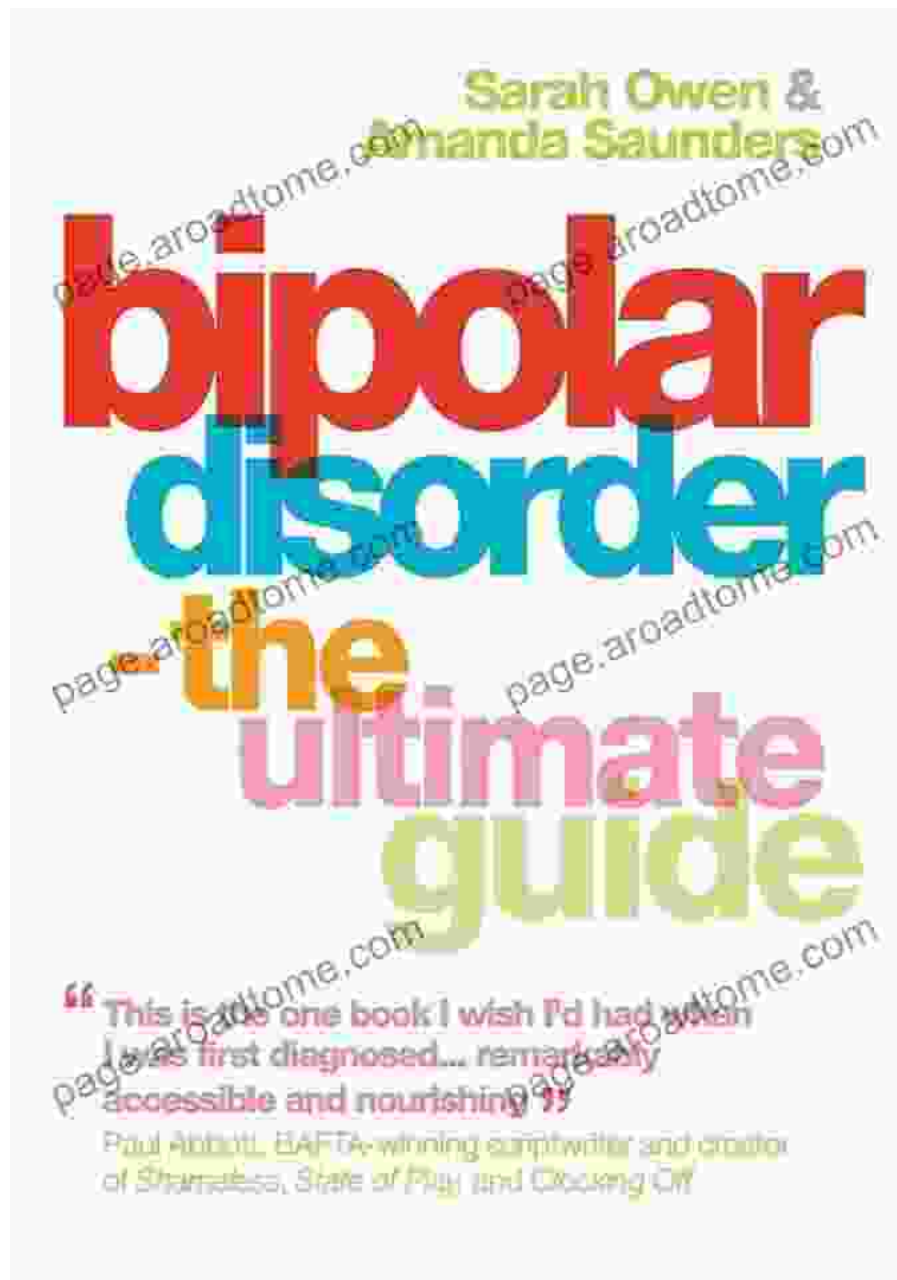


Bipolar Us: A Journey of Triumph and Resilience



Bipolar Us by Philip O. Hwang

★★★★★ 5 out of 5

Language : English

File size : 693 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 263 pages



About the Book

Bipolar Us is a powerful and inspiring memoir by Philip Hwang, who shares his personal journey with bipolar disorder. Through his raw and honest storytelling, Hwang provides a unique glimpse into the challenges and triumphs of living with this mental illness.

Hwang was diagnosed with bipolar disorder in his early twenties. At first, he struggled to come to terms with his diagnosis and to find effective treatment. But eventually, with the help of therapy and medication, he was able to manage his symptoms and live a full and meaningful life.

In Bipolar Us, Hwang shares his story in the hope of helping others who are struggling with bipolar disorder. He offers practical advice on how to cope with the challenges of the illness and how to find hope and healing.

Author Biography

Philip Hwang is a writer, speaker, and advocate for mental health awareness. He is the author of the memoir Bipolar Us and the children's book The Monster in My Head. Hwang has spoken about his experiences with bipolar disorder at numerous events, including the National

Alliance on Mental Illness (NAMI) and the American Foundation for Suicide Prevention (AFSP).

Reviews

"Bipolar Us is a powerful and inspiring memoir that provides a unique glimpse into the challenges and triumphs of living with bipolar disorder. Philip Hwang's raw and honest storytelling is a must-read for anyone who is struggling with this mental illness or who wants to learn more about it." - NAMI

"The Monster in My Head is a beautifully written and illustrated children's book that helps to explain bipolar disorder in a way that is both accessible and empowering. Philip Hwang's book is a valuable resource for parents and educators who are looking for ways to help children understand this mental illness." - AFSP

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