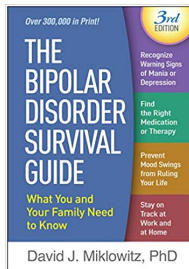
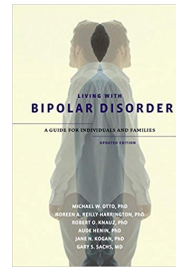


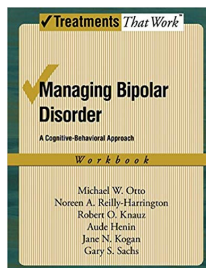
A READING LIST FOR THOSE TOUCHED BY BIPOLAR DISORDER



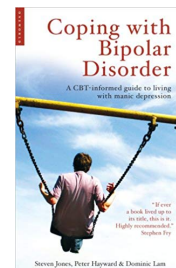
<https://www.amazon.com/Bipolar-Disorder-Survival-Guide-Third/dp/1462537278>



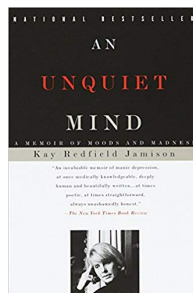
<https://www.amazon.com/Living-Bipolar-Disorder-Individuals-FamiliesUpdated/dp/0199782024>



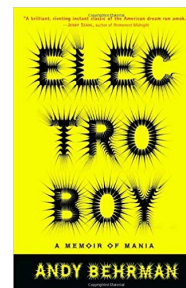
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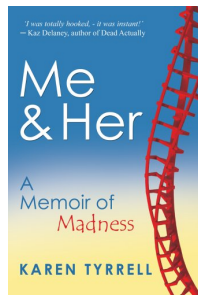
<https://www.amazon.com/Coping-Bipolar-Disorder-CBT-Informed-Depression/dp/1851686991/>



<https://www.amazon.com/Unquiet-Mind-Memoir-Moods-Madness/dp/0679763309>



<https://www.amazon.com/dp/0812967089/>



<https://www.amazon.com/Me-Her-Memoir-Madness-ebook/dp/B008219QQS/>

'I have often asked myself whether given the choice, I would choose to have manic depressive illness. Strangely enough, I think I would.'—Professor Kay Redfield Jamison, clinical psychologist and co-author of *Manic-Depressive Illness* (Oxford University Press), the classic textbook on bipolar disorder

Need help? Want to help?

Call 911

Remember to inform the operator it is a mental health emergency.

Call 1-800-950-NAMI
(6264)*, text 'NAMI' to
741741 or email
info@nami.org

The National Alliance on Mental Illness (NAMI) has chapters in all 50 states, the District of Columbia and the Virgin Islands.

(*Mon-Fri; 10 a.m.–6 p.m.)

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