



The Best of Ask a Bipolar 2010 to 2011

Marybeth Smith, Christi Bubis, Sammi Cermak, Shari Funkhouser, Angel Smith, Jen Volkmer, Chelle Newton, Vicky Summers

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We may not be the world's leading expert on Bipolar Disorder, but we are a group of people who struggle with this mental illness, along with many others, every day of our lives. We've all spent years looking for answers and a friend to understand and we do our best to make sure those of you out there won't have to go through all the loneliness and misunderstandings that we did. We're small, we're not professionals, we're at times a wee bit crazy ... but we're here for YOU! This book is a compilation of the Best posts from our first 18 months into a book to share with all. We hope that by reading our answers and explanations, you may come to understand Bipolar Disorder and mental illness just a little bit more, and hopefully, after reading through, you'll no longer have to feel so alone.

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Vickie Gilbert:

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