



Balancing Your Bipolar

A Holistic Approach to
Living a Life You Love

Blythe Edwards

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Balancing Your Bipolar: A Holistic Approach to Living a Life You Love



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How can you balance sleep, workout, and nutrition with Bipolar disorder? This is the best way to introduce info to others, or keep yourself well-informed, as it originates from firsthand encounters. Are you a caregiver, bystander, or have it yourself? That is especially helpful for teens who struggle to talk about about their Bipolar. Have you ever wondered what it is? The author shares her understanding from coping with Bipolar. What does it feel just like to have Bipolar disorder? How will you manage your Bipolar disorder targets? How can you manage your actions to better organize your lifestyle? How can you get a hold of your finances when living with Bipolar disorder? What is Bipolar? These and much more questions are answered in depth and culminate in discovering a lifestyle you will love.



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*** a MUST Go through if Bipolar has Upended Your Life *** Having worked with groups of at-risk teens for over 2 decades, it's not uncommon to get a student dealing with a bipolar analysis. 'Balancing Your Bipolar' gave me new insights and a fresh perspective. I was extraordinarily impressed with the author's honesty and vulnerability to share so openly. I believe this book would be invaluable to those battling with Bipolar Disorder. Have read it and today have hope that people can support her as she accepts the diagnosis and finds a plan that works on her behalf to live a full life. Edwards lays out a natural plan of action that's made outcomes for most. Following it, are going to responsible for their life again, rather than feeling such as a victim to their diagnosis. It's a MUST READ if bipolar provides touched your lives. This book will be an eye-opener for family, friends and anyone within their support system. It can help them better understand what their adored one is going through within their ongoing struggle with bipolar. Five Stars This is an excellent read and provides great info to people suffering from bipolar. Sweet freedom! Inside view into focusing on how it is to live with bipolar in addition superb coping tips. She bravely opens her private world to the reader and graciously shares her coping abilities and methods of coping with the bipolar condition that she's learned to control without medication. I possibly could not put this book down! In addition, it offers help for everyone else suffering from the bipolar diagnoses, as understanding potential clients to empathy, support and ways to deal with it better. That is an internal view into coping with bipolar, which is helpful for anyone diagnosed with bipolar, or if you have family, friends or clients coping with the daily struggle of bipolar. In my own way I tried to become extremely lovely and compassionate but my limited understanding of this problem kept me from totally helping her. "when you decide to accept your medical diagnosis and use it, you can empower yourself with responsibility, instead of playing the victim card." I am in awe of the stunning book this writer crafted regardless of her daily struggles and deeply touched by her willingness to talk about her challenges. The countless ways in which she offers helpful tools and encouragement alone is a reason to get this book. She offers a zoom lens into how it feels to live with being bipolar. From the initial page the author's open, honest and courageous sharing had me personally spellbound. From denial about her analysis to the rollercoaster ride to finally finding practical ways to get back control of her life. I purchased this book so I could understand better about bipolar. I've dated a female a few years ago that I love very much, she was amazing, but she experienced bipolar which I didn't even understand at that time, I think we used to call it manic-depressive. A GIFT OF SHARING BALANCING YOUR BIPOLAR gives a comprehensive view into Blythe Edward's lifestyle coping with bipolar disorder. She didn't take medication for it, because she didn't want to admit that she had this issue. And one will not need to be bipolar to take advantage of the details included. The coping tools she found took her from non-acceptance to acquiring means of coping with her diagnosis, and these she shares generously. I must say I appreciate the author getting transparent and telling us the complete truth, and showing us what you can do to help someone that is suffering from bipolar. Valuable practical advice I applaud the author's courage to talk about such a personal story, to bypass preconceptions and put out there such valuable information for those who require it. Blythe is one of those who've gone before and is normally well-equipped to comfort, console, and help others with bipolar. Michael Moore Informative and helpful! One of my kids was diagnosed seeing that bipolar 3 years ago, and happens to be taking steps to attempt to manage it without medication. This book was an excellent help to me in order to better understand bipolar and the spectral range of the highs and lows you can encounter. By openly describing her experiences and providing the reader with her real-life methods she provides desire to those dealing with the related daily struggles. Thanks to the author for sharing her story! Info for Everyone Great starting place. Had We known then what I understand now, we might have worked through this and become collectively today. There are sections on nutrition, workout, meditation, positive affirmations, etc. I loved when she spoke of acquiring time out of the day to be thankful for things which you have. Of course, if coping with bipolar you need to seek the help of a experienced mental health professional but why is this book exclusive and a great reference is that the author relates her experience

with this condition. It is deeply personal to her and you can tell from her composing that she really cares about assisting others. I really was impressed with Blythe's honesty and how readable she made a difficult subject. Well done. When she was on a higher she was so much fun, almost a great deal to take, then when she arrived down she was therefore agro and wanted to fight with me and I couldn't understand it. Wow! That took true courage and guts, as many hide in dread and shame. It really is crystal clear that Blythe Edwards has a deep desire to help other bipolar victims to handle the high's and low's of the disorder. I found it to be a valuable device for me to better understand my child, and perhaps to offer insight in to the steps being taken to improve mental health and lifestyle. She's given us a gift. This is an essential read for anyone close to Bipolar disorder (whether it is a loved one or themselves). Wow-this is a robust book! I therefore appreciate the honest, open dialogue of the writer. However the insiders view into the life of someone living with bipolar is normally for me the most valuable thing about this publication. She makes no excuses and doesn't seek sympathy. I love the partnership she describes with her husband and how they co-parent their kids. Parent finds hope. That is a well crafted, powerful book. I highly recommend it! She presents up many strategies she's personally found helpful in handling her swings. Purchased this book after our 25 year older daughter was diagnosed as mixed bipolar. I believe her book provides a lot of convenience to others struggling with the problems of bipolar, gaining wish and bolstering their resolve. Great job Blythe and God bless you when planning on taking this on. It is not easy to open up about it, more so to give practical advice on something that, to the one suffering with the affliction, appear so unmanageable. This is a lovely and honest read This is a beautiful and honest read. The writer brings you straight into her existence in the most relatable way. WOW I LEARNED SO MUCH UPON THIS BOOK I am thankful that Blythe has written this extremely open and honest publication to help people understand what bipolar is. Very Moving-Important Browse for everybody! They'll gain essential insight, patience and clarity, and their relationship will improve. A touching and inspirational book with many life hacks The author opens up and authentically discusses what being bipolar means. This is an extremely touching and inspirational book with many life hacks to manage existence while accepting this problem. I highly recommend it for every bipolar person and even those that simply want to comprehend what this means. Courageous and practical In "Balancing Your Biopolar" Blythe Edwards gives us a window into the life of a person struggling with bipolar and some wonderful advice on her behalf co-sufferers. Her practical counsels aren't only valid but incredibly valuable. A doctor may only prescribe medicines because of this condition, but people with mental illness must also learn to deal with their condition amid family, work, and social life. Because of this education they can only look to those who have gone before them and discovered to live with the extreme highs and lows of bipolar. Excellent work.



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