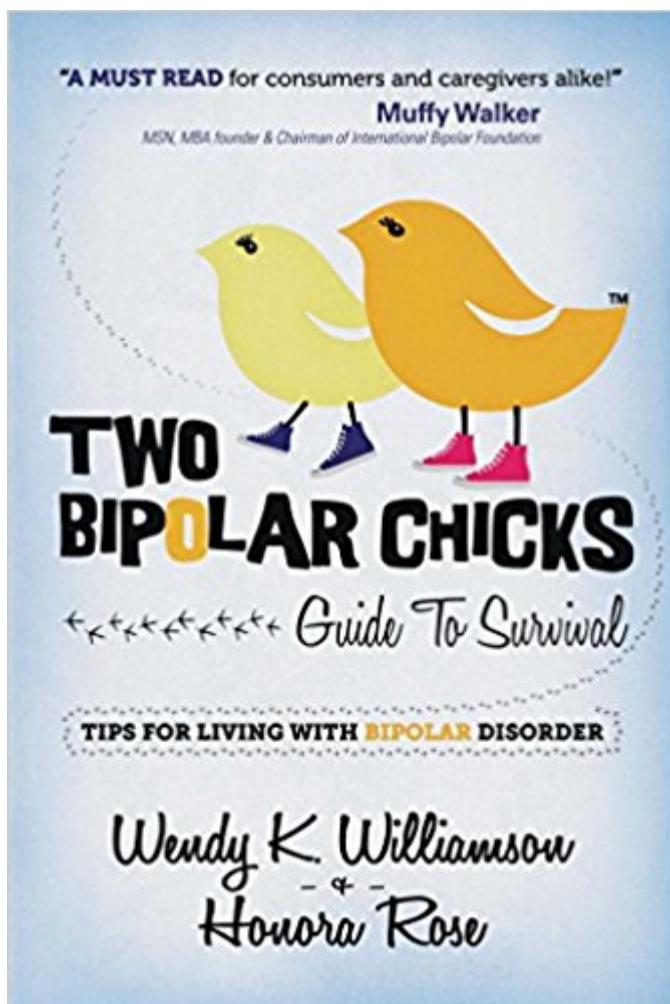


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# Two Bipolar Chicks Guide To Survival: Tips For Living With Bipolar Disorder



## Synopsis

From the "Two Bipolar Chicks" Wendy and Honora comes this survival guide written for the novice, the pros and everyone in between. Wendy and Honora cracked their wellness vaults of three decades' worth of tips to tell you what has, and has not, worked. They wrote this book hoping to save you money, time and face the struggles of bipolar disorder honestly. The Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder is the resource guide they wish they had when diagnosed, dubbed by professionals and readers as the "manual to bipolar life." The Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder is not solely a book for people with bipolar disorder; psychologists, doctors, friends and parents alike are all learning tips on bipolar disorder. From advice on medication, to their own, personal journeys with acceptance, The Two Bipolar Chicks offer tips on managing depression, mania, manic sex, acceptance, medication, CBT, DBT and ECT, among others, and how not to blow your money. No stone has been left unturned and you will feel like you have just had a conversation with a couple of friends. Wendy K. Williamson blogs for The Huffington Post, BP Magazine's BPHope.com and has written for The Two River Times. Her first book, I'm Not Crazy Just Bipolar has been positively reviewed by Publisher's Weekly and National Alliance on Mental Illness' The Advocate. Together, Wendy and Honora run The Red Bank Writers Group and stay sane, as much as possible, under one roof. [wendykwilliamson.com/twobipolarchicks.com](http://wendykwilliamson.com/twobipolarchicks.com)

## Book Information

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## Customer Reviews

"Wendy and Honora offer a realistic and compassionate glimpse into their lives, giving the reader

survival rules, hope, and encouragement." - Muffy Walker, Founder & Chairman of International Bipolar Foundation "This book is an incredible resource and edgy self-help guide. It is a must-read because it will save lives." - Andy Behrman, best-selling author of *Electroboy: A Memoir of Mania* "These Chicks have come up with every rule to save your life as you know it. Listen to what they say." - Dr. Jay Carter, author of *The Complete Idiot's Guide to Bipolar Disorder* "More than a decade after my own diagnosis, I find these clear-cut tips are relevant and exactly what every bipolar person needs." - Mrs. Bipolarity "Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder" is a thorough, well researched, systematic and enjoyable resource for individuals and family members and friends trying to understand, live with, cope with, recover from, heal and thrive with the disease of bipolar illness." - Laura Madlyn Harrison, MA, LCADC, CLEM "The Two Bipolar Chicks Guide To Survival" is outstanding in every way, and best of all it's not your run-of-the-mill, mediocre, and outdated bipolar self help book. Williamson and Rose provide creative, out-of-the-box thinking which makes for interesting and inspiring reading, and while the book's topic is serious, they write with humor when appropriate - that's a huge plus in my opinion." - Dyane Leshin-Harwood, B.A., C.P.T. - Author of upcoming book, *Birth of a New Brain-Healing From Postpartum Bipolar Disorder*

"Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder is an excellent survival guide for navigating the complexities of the mental health care system. It is a unique self-help book that approaches the management of bipolar illness with a very practical approach. I especially recommend this book for patients, families, as well as bipolar chicks." - Robert C. Bransfield M.D. DLFAPAC Clinical Associate Professor of Psychiatry, Rutgers-Robert Wood Johnson Medical School Past President, New Jersey Psychiatric Association  
In the late 1980s, Dr. Ronald R. Fieve gave us *Moodswing* (Bantam Press, NYC, 1989). His work is still considered seminal in pioneering the utilization of lithium to treat manic depression. In the 90s, Dr. Kay Redfield Jamison of John Hopkins blew the doors open when she self-disclosed her *Manic Depressive* and removed the stigma for millions of Americans with the publication of *An Unquiet Mind: A Memoir of Moods and Madness* (Alfred Knopf, NYC, 1995). The first decade of the new millennium brought us more scholarly and self-help books on bipolar illness than the past fifty years. Now we have *Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder*: a thorough, well researched, systematic and enjoyable resource for individuals and family members and friends trying to understand, live with, cope with, recover from, heal and thrive with the disease of bipolar illness. Professionals of all disciplines will be thrilled to have their work as a resource. •

-Laura Madlyn Harrison, MA, LCADC, CLEM "Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder is a must read for consumers and caregivers alike. Their 66 straight forward tips cover the top-ics and issues most pertinent to coping and managing bipolar disorder. Wendy and Honora offer a realistic and compassionate glimpse into their lives, giving the reader survival rules, hope, and encouragement." -Muffy Walker MSN, MBA founder & Chairman of International Bipolar Foundation, a psychiatric nurse and mother to a son with bipolar. "Two Bipolar Chicks"™ straight forward approach to bipolar disorder is not only en-lightening and refreshing, but encouraging! Compassionately, yet candidly, their knowledge and experience of bipolar disorder is clearly conveyed. Williamson and Rose's™ no-nonsense guide expertly steers you through bipolar disorder from pill boxes, to manic sex, all the way to learning to find acceptance of the illness. More than a decade after my own diagnosis, I find these clear-cut tips are relevant and ex-actly what every bipolar person needs. • -Mrs. Bipolarity "This is an incredible resource and edgy self-help guide about bipolar disorder which will soften the blow of the diagnosis, teach you how to cope and manage with the illness and help you navigate on a daily basis. This book is a must-read because it will save lives." - Andy Behrman, author of *Electroboy: A Memoir of Mania* • I don't know any psychologists or M.D.s, including myself, who could have written this book by the Two Bipolar Chicks. I can't tell you how ecstatic I am. These Chicks have come up with every rule to save your life as you know it. Listen to what they say. The first thing I asked Wendy after I read the book is, "Can I send this to my daughter right now?" • -Dr. Jay Carter, internationally best-selling author of four books, including *The Com-plete Idiot's Guide to Bipolar Disorder*

This book is filled with helpful and potentially life-saving tips for living with bipolar disorder. Wendy Williamson and Honora Rose draw upon their personal experiences to illustrate their points. Their warm conversational style makes it an enjoyable read. I felt as if I was chatting with a couple of friends.

Got this book for my daughter. I enjoyed looking through it, and am glad she has a shelf resource. Thank you, Two Bipolar Chicks!

I found this book incredibly helpful, with practical coping skills and a super straightforward delivery, it makes me feel optimistic about my own survival!

Really factual book with lots of positive tips that is written in a friendly, real life manner!

Great

Great book for actually living with bipolar and the little things that doctors don't tell you you have to think about.

I was just diagnosed as bi-polar, and this book made me feel much better about it. it's an easy read.

Simple and informative !

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