



# My Mother's BiPolar, So What Am I?

*Angela C. Grett CBP*

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When the author's mother was diagnosed with bipolar disorder, the response was shock and confusion. What did it mean to be bipolar? How would it affect her mother and the members of her family? Grett became frustrated with her mother because she didn't understand the disease or her mother's behavior and believed that she could be normal if she just tried harder. The diagnosis of bipolar disorder weighs heavily on those millions of Americans who suffer the illness. But what about their families? More specifically, what about the children whose parents are diagnosed. My Mother's Bipolar, So What Am I? reveals the emotional, physical and mental toll this complicated disease takes on the children. Author Angela Grett sheds light on their common experiences, as well as coping mechanisms, to help adult children begin to heal through understanding and perhaps find a reason to be hopeful.

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The knowledge that you get from My Mother's BiPolar, So What Am I? is the more deep you rooting the information that hide into the words the more you get thinking about reading it. It does not mean that this book is hard to understand but My Mother's BiPolar, So What Am I? giving you buzz feeling of reading. The author conveys their point in selected way that can be understood by means of anyone who read it because the author of this guide is well-known enough. This book also makes your current vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We recommend you for having this particular My Mother's BiPolar, So What Am I? instantly.

#### **Alicia Gentry:**

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In this period of time globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. Often the book that recommended to your account is My Mother's BiPolar, So What Am I? this publication consist a lot of the information of the condition of this world now. This book was represented how does the world has grown up. The dialect styles that writer require to explain it is easy to understand. Often the writer made some analysis when he makes this book. That's why this book ideal all of you.

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