



I, Bipolar: A Southern Man's Memoir

DS Black

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WARNING: I, Bipolar is brutally honest. It depicts real life adult situations, real violence, and digs deep into dark, powerful, passionate, and often troubling human psychology.

Here is what reviewers say about I, BIPOLAR: A SOUTHERN MAN'S MEMOIR:

"In this short debut memoir of his first 30 years, Black candidly recounts his turbulent experiences as a young man learning to live with bipolar disorder...Black shows great insight in explaining how his difficult experiences at home and school contributed to his trouble behaving in a socially appropriate manner...His burgeoning introspection shows again in the final pages, and he offers valuable insights and very tangible advice to others living with bipolar disorder...Black shows promising analytical skills for a young writer"—*KIRKUS REVIEW*

"Incredibly well written and very insightful"—AMAZON TOP 500 REVIEWER

"Compelling and heart wrenching psychological read"—Amazon TOP 1000 REVIEWER

Get ready for a crash course in what it is like to live with bipolar disorder:

Author DS Black explores his personal battles with bipolar disorder in I Bipolar: A Southern Man's Memoir, a brutally frank book that reveals a troubling childhood, a misunderstood condition, and personal demons that had to be exorcised. Throughout it all, Mr. Black maintains a sense of responsibility for his actions and hope that things will get better. I, Bipolar offers optimism to those facing the condition themselves while providing a better understanding of it for those who don't.

"My emotions act chaotically in a drunken dance of rage, love, hatred, fear, and anxiety that often leads to confusion and delusion. Some moments I feel as though I'm invincible, almost god-like. Other times, I'm helpless, pathetic, scarcely able to do the bare minimum life requires. Thoughts fly quickly at times—an overwhelming onslaught of creative imagination, nonsensical concepts, and the energy to attempt them all.

Inside my mind a war rages—sane battles the insane, mental mortars explode, leaving me lost in a fog. The dust never settles, always lingering, causing me to stumble with arms out, hoping to find a path that may lead out of the disaster.

Maybe I've found that path. Maybe I haven't. Maybe you, dear reader, can help me decide if I've made any progress in that direction. I can only promise the effort to understand myself via this memoir is sincere. My historical shadows, ghosts, and skeletons are here for you to feast upon.

Have you taken a look inside? A look at yourself, inside your inner mind, and wondered why your thoughts are scattered, like nothing matters? I don't know about you, but questions similar to these are at the heart of my life. Join me on a journey to some of the farthest, darkest memories my mind contains. I bare my soul for you, the reader."

**Think you can handle a trip to the darker sides of the human mind?
Download a sample or buy I, BIPOLAR: A SOUTHERN MAN'S
MEMOIR today.**

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From reader reviews:

Desiree Schwindt:

As people who live in the particular modest era should be upgrade about what going on or information even knowledge to make these people keep up with the era that is certainly always change and make progress. Some of you maybe will certainly update themselves by examining books. It is a good choice for yourself but the problems coming to an individual is you don't know what kind you should start with. This I, Bipolar: A Southern Man's Memoir is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Travis Freeman:

Reading a book for being new life style in this year; every people loves to examine a book. When you go through a book you can get a lots of benefit. When you read guides, you can improve your knowledge, since book has a lot of information on it. The information that you will get depend on what forms of book that you have read. In order to get information about your analysis, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these us novel, comics, in addition to soon. The I, Bipolar: A Southern Man's Memoir will give you a new experience in looking at a book.

Adrian Kao:

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Ronald Johnson:

Beside this I, Bipolar: A Southern Man's Memoir in your phone, it may give you a way to get more close to the new knowledge or facts. The information and the knowledge you can got here is fresh from oven so don't always be worry if you feel like an old people live in narrow small town. It is good thing to have I, Bipolar: A Southern Man's Memoir because this book offers to you personally readable information. Do you at times have book but you seldom get what it's exactly about. Oh come on, that won't happen if you have this inside your hand. The Enjoyable blend here cannot be questionable, such as treasuring beautiful island. Techniques you still want to miss it? Find this book and read it from today!

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