



Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask

Hilary T. Smith

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Bipolar is currently the most commonly diagnosed emotional/psychiatric condition, and diagnosis tends to come when one is in one's late teens or early 20s. And yet almost nothing has been written about it from eye level and a young person's perspective. This book brilliantly fills that gap.

“When I was diagnosed at age 19, my parents went to a bookstore and bought me a pile of books about bipolar. I threw them away in disgust (actually, exchanged them for books of poetry)—not because I wasn't curious about bipolar, but because all the books treated the subject with clinical rubber gloves. They were dry, annoying, and made me feel like a disease, not a person. I wrote this book because it's the book I should have been given when I was diagnosed.”

With chapters of advice on everything from how to get off the floor after the blow of a bipolar diagnosis to how to think about psychiatry and manage your meds to how to deal with thoughts of suicide to “hippy shit” like meditation, herbs, and other non-medical bipolar helpers to navigating the healthcare system, this is the first self-help book by a bipolar young adult to other bipolar young adults.

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From reader reviews:

Elias Rosser:

This Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this book incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This kind of Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask without we realize teach the one who looking at it become critical in contemplating and analyzing. Don't possibly be worry Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask can bring whenever you are and not make your handbag space or bookshelves' turn out to be full because you can have it within your lovely laptop even mobile phone. This Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask having good arrangement in word and also layout, so you will not really feel uninterested in reading.

Andrea Toliver:

This book untitled Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask to be one of several books which best seller in this year, this is because when you read this book you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it by using online. The publisher with this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Cell phone. So there is no reason to you personally to past this reserve from your list.

Sarah Stiles:

Reading a book tends to be new life style in this era globalization. With looking at you can get a lot of information that will give you benefit in your life. With book everyone in this world can certainly share their idea. Books can also inspire a lot of people. Many author can inspire their particular reader with their story or maybe their experience. Not only situation that share in the ebooks. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some investigation before they write to their book. One of them is this Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask.

Wallace Long:

As a college student exactly feel bored to be able to reading. If their teacher asked them to go to the library in order to make summary for some book, they are complained. Just little students that has reading's spirit or real their leisure activity. They just do what the instructor want, like asked to go to the library. They go to there but nothing reading really. Any students feel that reading is not important, boring and can't see colorful

images on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Welcome to the Jungle: Everything You Ever Wanted to Know about Bipolar but Were Too Freaked Out to Ask can make you truly feel more interested to read.

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