



Bipolar Disorder Unraveled

Ella F. Jorgensen Ph.D.

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Bipolar Disorder Unraveled Ella F. Jorgensen Ph.D.

This book is about my own personal triumphs and struggles with Bipolar Disorder, coupled with ADHD. The primary reason I wrote this book is to help others struggling with Bipolar Disorder. Part I of the book is the story about how Bipolar Disorder impacts me, Part II offers the most useful and valuable resources, methods, and tools that I have found to help me better understand and cope with the disorder.



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