



Bipolar Disorder: A Guide for Life Beyond Coping

Ian Reynir Ph.D., David Reynir

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This book is a stand-alone, comprehensive guide on bipolar disorder. Important coping strategies are explained with examples, but we also present "life-challenges", which extend far beyond strictly coping. You will learn tools that are tailored for bipolar individuals to help build a self-image that is consistent with life-long goals. Most importantly, we propose a new concept called "life-challenges", which are exciting ways to realize your life's work. This book describes this new approach in a well-organized, comprehensive, and easy to follow way. You will learn how to effectively "re-order" much of the disorder that can exist between your self-image, life-challenges, and life's work or purpose. When these aspects are aligned, you will be much more stable. Each aspect is explained and complemented by the use of mountain climbing examples. These examples offer incite while maintaining a consistent theme. This book is not for those who are interested in consuming copious quantities of medication and simply "weathering the storms" or tolerating stress by coping. Life can involve much more than strictly coping - life can be extraordinary. Please see our youtube video titled "bipolar disorder and life beyond coping".

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