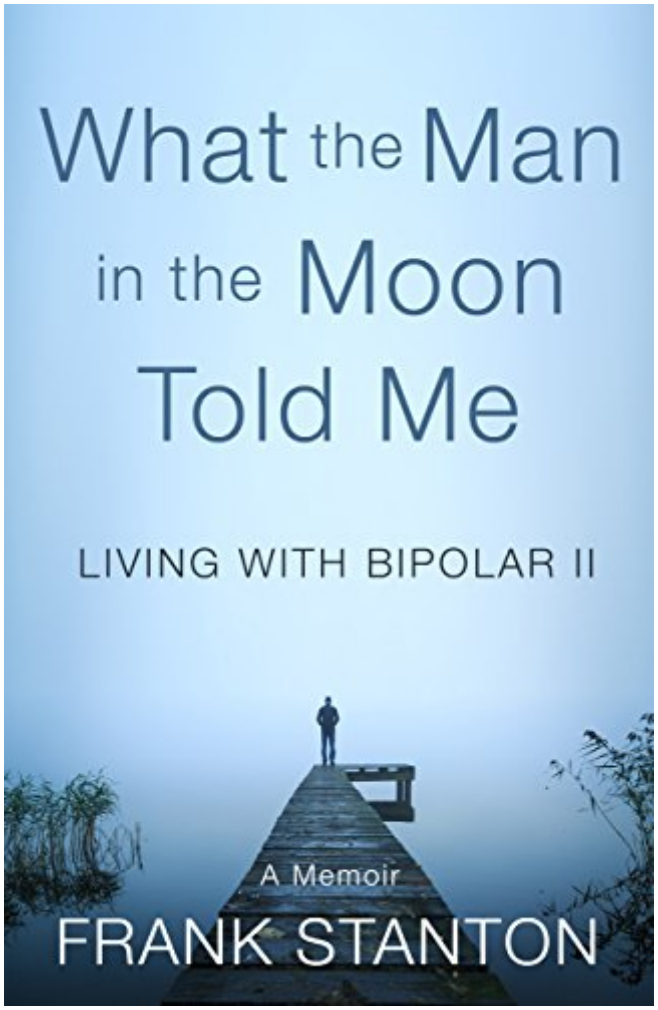
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What The Man In The Moon Told Me: Living With Bipolar II A Memoir



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Synopsis

Frank Stanton was a man accustomed to dealing with dark depressions but his first experience with mania in 1998 led to an unexpected diagnosis of bipolar disorder type II. This began more than a decade long struggle for acceptance of his illness and compliance with its treatment. In his memoir, Stanton shares the sometimes harrowing and sometimes humorous details of his experiences as well as provides a wealth of information about bipolar disorder itself. An entertaining and informative resource for anyone wanting to know more about what it means to be bipolar.

Book Information

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Customer Reviews

As a person with Bipolar II, I highly recommend this book. The author takes the reader into the "eye of the hurricane" that is mania. Then sinking into the bottomless pit that is depression.

Such a great book. I’m newly diagnosed and see so much of myself in this book.

Great. We’ll written.

What exquisite descriptions. I felt it was myself talking. Wish I could write like that.

A fantastic read about a very difficult subject that many, including myself, do not understand. Frank uses humor to tell the story of a very challenging life with a Bipolar II condition that went undiagnosed for much of his life. The book was hard to put down and I actually laughed out loud many times.

This is a fantastic read, and I must say the author is a talented writer and quite hilarious. Highly recommended!

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