

MEDIA QUESTIONS

Authors: David and Diane Mariant
Surviving Bipolar's Fatal Grip

Bipolar disorder can be likened to a ticking bomb inside of a person. The key that David and Diane Mariant want to share is how to lengthen or even cut the fuse so that the bomb is less likely to ever go off. In their new book, "Surviving Bipolar's Fatal Grip: The Journey to Hell and Back," the authors state that the triggers to the bomb will be unique for every person. David and Diane will share things that will be very helpful to your listening audience and will help the listeners identify their own unique triggers. The Mariant's state that often times bipolar bombs can be kept from going off by using their unique strategies.

- 1. What is bipolar disorder?**
- 2. What are some of the common myths about bipolar disorder?**
- 3. How does having bipolar disorder affect your relationships with family, friends, co-workers, etc...?**
- 4. Ask David - What is the most challenging thing in your life about having bipolar disorder?**
- 5. Ask Diane – What is the most challenging thing about living with a spouse with bipolar disorder?**
- 6. Why do you refer to it as a "Fatal Grip?"**
- 7. You have a formula for monitoring bipolar disorder that you call S.I.M.P.L.E. Can you tell us what that means? Is it actually simple?**
- 8. Why did you decide to share your story with the world?**
- 9. What is unique about your book that other books on bipolar disorder don't have?**
- 10. What are the true statistics about bipolar disorder in the USA and the world in general?**
- 11. Can anyone at any age be diagnosed with bipolar disorder?**
- 12. Is it proven to be hereditary?**
- 13. What is depression, mania, and mixed states bipolar really like?**
- 14. Can it lead to psychosis? What is that like?**
- 15. Can you now prevent the manic highs or the depressed lows from happening with the techniques and strategies that you write about in your book?**
- 16. What is the most important thing that you can tell our listening audience who may be struggling with bipolar disorder or love someone who is?**
- 17. Are there help groups out there for people with bipolar disorder?**