

America's Most Misunderstood Epidemic The Truths and Myths about Bipolar

What do people think they know about bipolar disorder? Likely there is a significant gap between what they *think* they know and what is true. Since bipolar impacts up to 6 million Americans, chances are high that most people know someone in their personal or professional life dealing with bipolar disorder. Tragically and needlessly 1-in-5 persons with bipolar will die of suicide due to depression or reckless behavior during manic episodes.

David and Diane Mariant, a family deeply affected by this disorder, refer to bipolar disorder as a 'fatal grip.' This couple has lived with bipolar disorder since David's 1999 diagnosis and the subsequent diagnosis of one of their five children. Keynote speakers across the country and authors of the new title *Surviving Bipolar's Fatal Grip* David and Diane try to demystify this illness while encouraging a new understanding, much needed tolerance and HOPE regarding America's bipolar epidemic.

This personal journey and reference book offers its readers a powerful account and leaves them with a vivid appreciation of the world of a person suffering with bipolar disorder. This compelling and intriguing combination of personal narrative and cutting-edge research is a unique approach that offers the reader new understandings while de-stigmatizing the disorder and breaking down psychological barriers. It will be of significant value to bipolar sufferers and their loved ones. Readers will gain a new understanding and appreciation for those who suffer from this illness, and an opportunity to correct the many myths about this disorder including:

- Just get some medication and you can live a 'normal' life
- Not that many people have bipolar
- My family will fall apart because of a bipolar diagnosis
- It's not that serious – it's not like its aids or cancer

Jonathan Russ, M.D. Stanford University School of Medicine declares, *"An inspiring and helpful account of the nature of bipolar affective illness and how to survive it. Especially riveting are the juxtaposed experiences of Mr. Mariant and his wife. While taking pains to avoid interfering with professional treatments, they empower patients and their families to take charge of the illness and make active choices to cope with and even grow."*

David and Diane Mariant and their family are part of the escalating statistics - 6 million American adults are affected by bipolar disorder. Of this number, studies show 1.8 million people will commit suicide. David and Diane have a passion to get new medical information and coping strategies into the hands of those with this difficult disorder and their families who also suffer. Their website www.SurvivingBipolar.com gives valuable and extensive information for patients and their families. They speak frequently to groups about this escalating, difficult disorder.

Surviving Bipolar's Fatal Grip ISBN 978-0-977685905 retails for \$19.95 and is available nationally at your favorite local or online bookstores.