



I'm Not Crazy Just Bipolar

Wendy K Williamson

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I'm Not Crazy Just Bipolar Wendy K Williamson

Just as a photographer might shoot a photo through a colored lens, Wendy Williamson skillfully holds up the filter of mania and depression for her reader to peer through. With heart-wrenching honesty and humor, she shows the effects of bipolar disorder on the mind, body and soul of those who suffer from it. Despite Wendy's struggles, this is not a book that brings the reader down, rather a road map for wellness and a vastly informative, yet entertaining, guided tour of bipolar disorder for those who don't understand it. With her perceptive self-awareness, the author is equal parts comedienne and educator, and she tells the unbelievable highs and lows of her story with a clear, grounded candor.

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