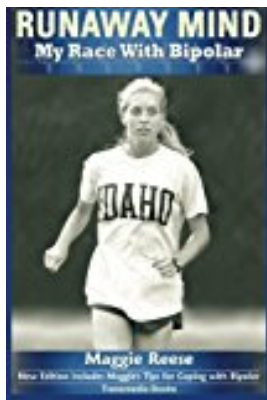


[PDF] Runaway Mind: : My Race With Bipolar - New Edition Includes Maggie's Tips For Coping With Bipolar

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Description:

About the Author Maggie Reese has a passion for fighting the stigma of being bipolar and championing mental health. She is supported by her loving husband and family in her mission to

help individuals and families dealing with mental illness. Maggie Reese is a stay-of-home mom, now writing her second book on how to mother with bipolar. When she's not writing or pursuing her activities to help others with bipolar. Maggie loves to travel, garden, read and spend time with her family and friends. In Runaway Mind, as in all she does, Maggie sends out a message of faith, provides strength, and encourages positive outlook, and offers coping skills to survive the illness and enjoy life to the fullest. Maggie speaks regularly about bipolar at live events and on her NDB Media-Blog-Talk-Radio Show, the Runaway Mind Show. She also serves as on the Executive Board of Directors for the International Bipolar Foundation. Maggie says what makes her challenging journey worth it is hearing how her book has given hope to so many people with bipolar and their families and loved ones. You can read more about Maggie at <http://www.runawaymind.com/> and communicate with her at runawaymindbook@gmail.com

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