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# Become Your Own Bipolar Life Coach

*Wendy Lavin*

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# Become Your Own Bipolar Life Coach

*Wendy Lavin*

**Become Your Own Bipolar Life Coach** Wendy Lavin
The author of this book has spent years, living with, managing, and learning about her bipolar disorder. Her decision to write the book came from her own experiences, particularly those after diagnosis."no one advised me on what to do. No one told me what to expect, how to manage it or more importantly, what I could do to stay well.it is.what has inspired me to write this". Become Your Own Bipolar Life Coach is "a positive message to those dealing with the curve balls that living with bipolar disorder can throw.. a message of practical hope". Broken down into manageable chapters at the end of which are Top Tips and Action Points that you can keep referring back to, it is as useful for the recently diagnosed, as for those who are looking to better manage and improve their lives with bipolar disorder. This straight talking and clear manual is based on the different methods and approaches the author has used, to improve her life and her relationship with bipolar disorder. Written with candour this insightful book, based on first-hand experience, empowers you to Become Your Own Bipolar Life Coach. You can contact the author at becomeyourownbipolarlifecoach@hotmail.co.uk

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