



Am i BiPoLaR?: How to know if you're Bipolar and what to do about it

Corey Bricker

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Hi my name is Corey Bricker. Although I have not been formally diagnosed with Bipolar Disorder, I have been to the doctor many times trying to find the right medication to calm my crazy head. I have self diagnosed myself with Bipolar Disorder. I currently take Abilify, Adderall and Klonopin to manage my symptoms and it definitely helps me feel like a human most of the time. There are still days where my head is cloudy and I'm not sure what I'm feeling. I've dealt with depression and hypomania for years. My depression got so severe in the last 2 years dealing with life that I could barely handle. During this time, my hypomania has also turned into full-blown mania at times. I cannot even begin to describe the horrors of how I've felt. All I can say is THANK YOU to modern medicine. I tried Lamictal for a while, but it just dulls my senses and makes me feel less human than I would like. But if you're really struggling with depression and mania, it WILL stop it! At least it will give you some relief. But right now I prefer Abilify, which seems to be working great with fewer side effects. I also take adderall, which really helps me with my depression and lethargy. The days I feel like just putting a gun to my head is when adderall saves my life. I cannot even begin to describe how much it helps me feel like a human. I began to think I was Bipolar when my brother suggested that I might be Bipolar. My mom also confirmed this. At first and for the last couple of years I've resisted the notion. But as time went on and symptoms got worse, I HAD to do something. Taking bipolar meds would mean I'm Bipolar and I just didn't want to be that person. But I am. And now I can move on and be a much better person. My home life has improved and I'm a much nicer person thanks to good meds. My biggest question, which is also the title of this book, is "AM I BIPOLAR"????? I just didn't know for sure but now I do. I hope if you're struggling with the possibility of being diagnosed Bipolar, this short and simple guide will help you. And if you need some support, please feel free to email me at brickec@yahoo.com and I'd be glad to chat with you and offer some help where and when I can. Bipolar is a tricky disorder and is often masked as many different things. Mainly you get pegged for being a bad person. Which is just not the case. If you could just act better, right? But sometimes you just CAN'T!! There is no amount of will power or dedication or spiritual discipline that will make this stop. You cannot control it so stop trying and get some help. Please. Every effort you make and no matter how great your resolve to be a better person will be futile if you have this disorder. Trust me. Read on.... What you need to do is get this book NOW and take it seriously!! Get back to me if you need to. Or at least get some professional help from your doctor or mental health professional. It will make all the difference in your life. Don't you just want to feel like a person again?? Get this book. It may save your life.

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