

Download High Tide Low Tide The Caring Friends Guide To Bipolar Disorder

Author of "Collected Poems: 1977–1984," I am co-author with Fran Houston of "High Tide, Low Tide: The Caring Friend's Guide to Bipolar Disorder", written to inform and inspire others who support a friend who lives with mental illness. My focus as a writer is challenging stigma and discrimination surrounding mental illness. "High Tide, Low Tide: The Caring Friend's Guide to Bipolar Disorder" offers no-nonsense advice from the caring friend's point of view, original approaches and practical tips, illustrated with real-life conversations and examples. High Tide Low Tide The Caring Friend's Guide to Bipolar Disorder How Can You Be a Good Friend When Your Friend Lives with Mental Illness We all want to be there for ...In High Tide, Low Tide: The Caring Friend's Guide to Bipolar Disorder (Nordland Publishing, 2016) we share what we've learned about growing a close, mutually supportive relationship between a "well one" and an "ill one".