



I, Bipolar: A Southern Man's Memoir

DS Black

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WARNING: I, Bipolar is brutally honest. It depicts real life adult situations, real violence, and digs deep into dark, powerful, passionate, and often troubling human psychology.

Here is what reviewers say about I, BIPOLAR: A SOUTHERN MAN'S MEMOIR:

“In this short debut memoir of his first 30 years, Black candidly recounts his turbulent experiences as a young man learning to live with bipolar disorder...Black shows great insight in explaining how his difficult experiences at home and school contributed to his trouble behaving in a socially appropriate manner...His burgeoning introspection shows again in the final pages, and he offers valuable insights and very tangible advice to others living with bipolar disorder...Black shows promising analytical skills for a young writer”—*KIRKUS REVIEW*

"Incredibly well written and very insightful"—AMAZON TOP 500 REVIEWER

“Compelling and heart wrenching psychological read”—Amazon TOP 1000 REVIEWER

Get ready for a crash course in what it is like to live with bipolar disorder:

Author DS Black explores his personal battles with bipolar disorder in *I Bipolar: A Southern Man's Memoir*, a brutally frank book that reveals a troubling childhood, a misunderstood condition, and personal demons that had to be exorcised. Throughout it all, Mr. Black maintains a sense of responsibility for his actions and hope that things will get better. *I, Bipolar* offers optimism to those facing the condition themselves while providing a better understanding of it for those who don't.

"My emotions act chaotically in a drunken dance of rage, love, hatred, fear, and anxiety that often leads to confusion and delusion. Some moments I feel as though I'm invincible, almost god-like. Other times, I'm helpless, pathetic, scarcely able to do the bare minimum life requires. Thoughts fly quickly at times—an overwhelming onslaught of creative imagination, nonsensical concepts, and the energy to attempt them all.

Inside my mind a war rages—sane battles the insane, mental mortars explode, leaving me lost in a fog. The dust never settles, always lingering, causing me to stumble with arms out, hoping to find a path that may lead out of the disaster.

Maybe I've found that path. Maybe I haven't. Maybe you, dear reader, can help me decide if I've made any progress in that direction. I can only promise the effort to understand myself via this memoir is sincere. My historical shadows, ghosts, and skeletons are here for you to feast upon.

Have you taken a look inside? A look at yourself, inside your inner mind, and wondered why your thoughts are scattered, like nothing matters? I don't know about you, but questions similar to these are at the heart of my life. Join me on a journey to some of the farthest, darkest memories my mind contains. I bare my soul for you, the reader."

**Think you can handle a trip to the darker sides of the human mind?
Download a sample or buy I, BIPOLAR: A SOUTHERN MAN'S
MEMOIR today.**

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From reader reviews:

Joseph Woodruff:

In this 21st one hundred year, people become competitive in every single way. By being competitive right now, people have do something to make all of them survives, being in the middle of often the crowded place and notice by simply surrounding. One thing that at times many people have underestimated it for a while is reading. Yeah, by reading a reserve your ability to survive improve then having chance to remain than other is high. For yourself who want to start reading any book, we give you this kind of I, Bipolar: A Southern Man's Memoir book as beginner and daily reading guide. Why, because this book is greater than just a book.

Adrian Kester:

Here thing why this specific I, Bipolar: A Southern Man's Memoir are different and reliable to be yours. First of all reading a book is good nevertheless it depends in the content of the usb ports which is the content is as yummy as food or not. I, Bipolar: A Southern Man's Memoir giving you information deeper since different ways, you can find any reserve out there but there is no e-book that similar with I, Bipolar: A Southern Man's Memoir. It gives you thrill studying journey, its open up your own personal eyes about the thing that happened in the world which is perhaps can be happened around you. You can actually bring everywhere like in playground, café, or even in your technique home by train. In case you are having difficulties in bringing the branded book maybe the form of I, Bipolar: A Southern Man's Memoir in e-book can be your alternative.

Diane Numbers:

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Andrew Purdie:

Your reading 6th sense will not betray anyone, why because this I, Bipolar: A Southern Man's Memoir guide written by well-known writer whose to say well how to make book that can be understand by anyone who else read the book. Written with good manner for you, still dripping wet every ideas and creating skill only for eliminate your hunger then you still uncertainty I, Bipolar: A Southern Man's Memoir as good book not simply by the cover but also by the content. This is one guide that can break don't determine book by its include, so do you still needing one more sixth sense to pick that!?! Oh come on your examining sixth sense already said so why you have to listening to one more sixth sense.

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