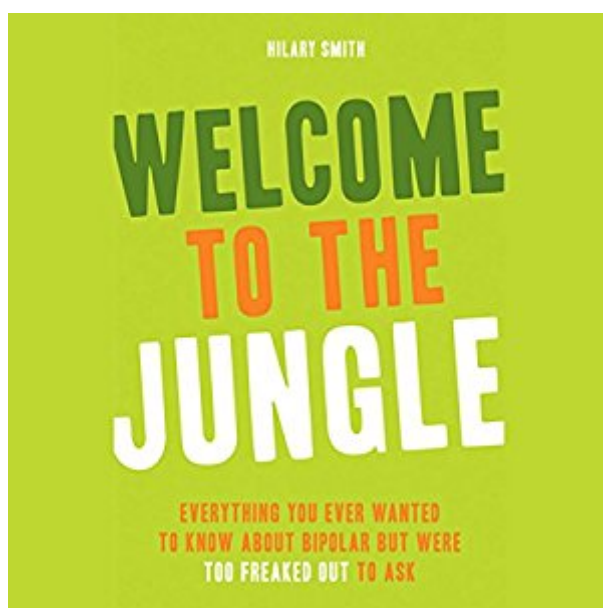


The book was found

# Welcome To The Jungle: Everything You Ever Wanted To Know About Bipolar But Were Too Freaked Out To Ask



## Synopsis

Bipolar is one of the most commonly diagnosed emotional/psychiatric condition and diagnosis tends to come when one is in one's late teens or early 20s. And yet almost nothing has been written about it from eye level and a young person's perspective. *Welcome to the Jungle* fills that gap with its upfront, empowering approach to the challenges of being diagnosed bipolar. Both humorous and immensely honest, it offers a true "in the trenches" perspective young listeners will trust. With chapters ranging from *What Just Happened?: Life Beyond Diagnosis* to *Here Be Downers: Drugs, Booze, and Suicide* to *Hippy Shit That Actually Works: Herbs, Wilderness Time, and Other Ways to Help Keep Your Shit Together* to *Hell is Finding Good Insurance: How to Get Your Ass Covered in Troubled Times*, Smith brings bipolar self help to the street level. You have bipolar. It's you against the mothership. Lock and load, lock and load... A hip, young, and remarkably funny, perspective on bipolar disorder. The true insider's view of life with bipolar by a brilliant young writer.

## Book Information

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## Customer Reviews

I like the humor infused into the bipolar facts but it is a serious issue and I think some of the humor comes across as immature. I did not like the idea that medicated or unmediated bipolar people are "encouraged" to take psychedelics. I feel the author should have more facts about the effects of these drugs on bipolar people whether medicated or not. Mixing any drugs is not recommended. Street drugs and prescription and mental illness.....just think.

I picked this book up, because I'm a huge fan of Hilary Smith's writing. She's such an awesome

writer that I decided to buy the book without even realizing what it was about. Then, I realized what I had bought, a book about bipolar disorder, and it sat on my shelf for a few months. I don't even know anybody with bipolar disorder, except for one person who was misdiagnosed years ago, so that doesn't count. When I finally opened the book, I found it so engaging, entertaining, interesting, and educational, that I finished it very quickly. I've read books about a bunch of different disorders, and this is by far the most accessible book on any disorder that I've ever read. What makes this book different? It's written in a conversational style, so it's easy to digest. It's written using a hip, cool writing style that takes someone really skilled to pull off. And, it's written to regular people. This book walks you through all of the scary parts of bipolar, including insurance, hospitalization, stabilizing your meds, telling people about it, work, school, and therapy. It gives real, useful information that you can actually use to help yourself. Even though I don't have bipolar, I was able to use a lot of the stuff in the book. My sleep has always been messed up for as long as I can remember. This book covers some great strategies for stabilizing your sleep, that I was able to implement. I also really like what she said about all of the different kinds of therapists, and what you get from each of the 5+ different kinds of therapies. Who knew that all shrinks weren't the same? I'm definitely reading the next book that Hilary publishes as soon as it comes out, without having it sit on my shelf for a couple months. Something I wanted to clear up: Q: Does this book encourage you to use drugs? A: No, it actually strongly discourages it. I'm much less likely to use drugs after reading this book. But, it does it in a way you'd actually want someone to discourage you. The book goes something like this: "Well, if you're going to use drugs, then you should think about this and this and this. I recommend against using drugs, for this reason and this reason, but I'm still going to be your friend no matter what you choose." Pros: + Conversational style, very easy to read + Hilary has an excellent vocabulary (I had to look up some words) + Isn't clinical or condescending to people with bipolar. In my experience, there are almost no books on disorders where you still feel like a real person after you read it. + Gives tons of practical examples of what you can do, and helps you to build your skills + If I find anyone who has bipolar, or a family member of someone with bipolar, then I'm going to buy them this book + If you don't have bipolar, this is a great introduction to it Cons: - This book is only available for bipolar disorder. I really wish that Hilary would start a series of these books, and write them on tons of other disorders. - If you're stuffy, and you think that people should yell at people with disorders, then you won't like this book

This is a great book. Especially if you have just been diagnosed with Bipolar. This book takes you through Bipolar Disorder starting with what to do with your diagnosis, and even how your Doctor

came up with your diagnosis. I've had my diagnosis for awhile now, and I just went back to reread parts of this book that I needed now, and still found it helpful. In fact, I highlighted MORE this time around. But I found this book to be the most helpful, and reassuring of anything I ever read right after my diagnosis. I needed to hear that the things I was thinking and feeling were absolutely normal. And it is nice to be able to go back now and get a reminder when I need one. The only thing in this book that I have never agreed with, and I have been taking meds for Bipolar Disorder for well over a year now, is that you should intentionally go off your meds to see how you do without them. That is risky, and just asking for a trip to the hospital. I may not be a Doctor, but I highly disagree with that part of the book, and recommend taking your meds as directed. That aside, I think this is one of the most helpful and reassuring books you're going to find. It isn't clinical. It is personal and interesting, and written by someone who knows exactly what it is like to experience these things. A great book!

Let me start off by saying that I am eighteen years-old, and I have been dealing with bipolar type two since I was fourteen. Knowing many management skills, I still felt very anxious about dealing with moving off to college this fall. I ordered this book with hopes of having closure, that I can do it, and this book reassured me that I can excel in any aspect in life. It's a very down-to-earth novel that talks to you on a best friend level, which I greatly enjoyed. Hilary made me feel like she was an older friend or sibling giving me all the situational advice I could ever ask for. She swears, which I love. Also, she explains everything with deep, thorough detail. She has a section of the book dedicated to moving away for college, which was phenomenal. She talks about her own experiences, and she makes you feel as though you are normal, for once. Moreover, she doesn't sugar-coat anything. She also tries her hardest to not use textbook phrases, and when she does she explains them in the perfect diction for a young adult or teen. I just gave the book to my friend to read so she can generally understand bipolar and my struggles more, and so far she loves it. I recommend it to any teen or young adult (or anyone, really) who has recently been diagnosed with bipolar, but also anyone who has a loved one who suffers from bipolar and wants to understand it in a light-hearted, almost humorous way. This deserves six stars.

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