

Book Defines Bipolarity and Bridges Understanding

George Davis Writes His Masterpiece That Brings Hope for Bipolars

YORBALINDA, CALIFORNIA, USA, May 3, 2023 /EINPresswire.com/ -- Take a trip from the lens of a bipolar person through George Davis' book "[Bipolar Heaven and Hell](#)" - packed with lessons that teach understanding of bipolarity, and tips on how to better handle people with bipolar disorders.

The book defines bipolarity and how people could better understand its effects of it.

While it is true that many people struggle to identify and understand bipolar, Davis hopes that people will become more educated about the disorder. "Education is the first step to a better understanding of bipolarity disorder," he says.

The book exposes the light and dark sides of bipolarity as it aims to touch hearts and bring more understanding to the disorder, coming from an author who personally experienced bipolarity for five decades.

"It is my goal to share my own story so that more people will gain understanding of this disorder, and hopefully bring more bipolars into their much-deserved treatment - with respect, understanding, and inclusivity in the society" Davis says.

"When you have dealt with bipolar for this long, you are able to see the symptoms and recognize them in everyday people," he explains. Davis' first bipolar episode happened back in 1972, when Davis was part of an infantry battalion deployed in Vietnam.

He retells that during those times, he had no idea what was transpiring. Three years later, Davis



Bipolar Heaven and Hell

ended up in a mental institution. "Three years following that, I was confined to another mental institution," he recalls. It was in 1978 when Davis was diagnosed with bipolar disorder. He also learned that bipolar is not just an individual disorder. "It is a family disorder that affects not only close family members and everyone the individual comes in contact with," he says.

Grady Harp, a verified amazon reviewer says, "The honesty and sincerity of his writing shares his life, his multiple admissions to mental hospitals, the importance of family in coping with the disorder, and how his strong Christian faith has supported his living a stronger life."

Harp continues that Davis addresses people who may have bipolar disorder, describing the manifestations of the disorder so well that others may recognize the symptoms, and shares how to accept the diagnosis and how to live with being different.

"Bipolar Heaven and Hell" is now available on Amazon and other digital bookstores.

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