

New Book The Faces of Bipolar by Jeremy M. Davis Offers Unique Insights into Living with Bipolar Disorder

A raw, firsthand account that details a persona-based framework that can be used as new language to describe bipolar disorder from the inside out.

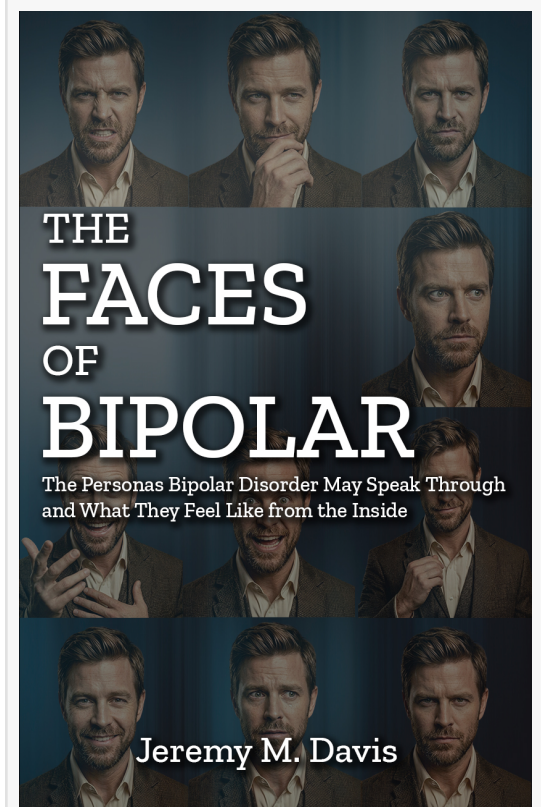
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/EINPresswire.com/ -- [Apex Publishing](#) is pleased to announce the release of [The Faces of Bipolar](#): The Personas Bipolar May Speak Through and What They Feel Like from the Inside, a groundbreaking book by author Jeremy M. Davis. This book offers a unique perspective on living with bipolar disorder, using a persona-based framework to describe the experience from the inside out. The Faces of Bipolar is now available for purchase on Amazon in Kindle edition with hardcover and paperback editions to follow within 7-10 days.

Bipolar disorder affects approximately 5.7 million adults in the United States alone, according to the National Institute of Mental Health. Despite its prevalence, there is still a lack of understanding and awareness surrounding this mental health condition, particularly in terms of how it feels to live with the disorder. The Faces of Bipolar aims to change that by providing a personal and relatable account of what it feels like to live with bipolar disorder vs. the more typical outside-in clinical descriptions of many books.

"The persona-framework provides new language to describe the lived experience of bipolar disorder," Davis says. "By naming the voice(s) responsible for a destructive thought or action, you start to separate who you are from what the illness does. That distinction matters both for the person living with bipolar, and for the people who love them."

Drawing on his own history with bipolar disorder II, Davis walks readers through personas like the Antagonist, the Liar, the Critic, and the Grandiose Champion, each shaped by real memories and real fears, each carrying its own damage. Every chapter closes with two grounded sections,



The Faces of Bipolar

"What Your Clinician Sees" and "What You Can Do When This Face Appears," pairing the personal account with practical, clinically informed guidance.

Diagnosed with bipolar disorder in 2012, Davis wrote the book not from a place of resolved recovery but from the middle of an ongoing one including a 2026 mixed-state episode that nearly cost him his marriage and led to a nearly successful suicide attempt. "I win more often than I lose," he says. "That's not a tagline. That's the actual math of this illness, and I wanted people to have an honest account of what that math looks like."

The Faces of Bipolar is Davis's first book.

Pricing on Amazon

Kindle/eBook \$8.99 – ISBN 979-8-9976158-2-6

Paperback \$18.99 – ISBN 979-8-9976158-0-2

Hardcover \$36.99 – ISBN 979-8-9976158-1-9

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About the Author

Jeremy M. Davis was diagnosed with bipolar disorder in 2012. A former software engineer and manager, he draws on more than a decade of living with the illness to develop the persona framework at the center of The Faces of Bipolar. He lives in North Carolina with his wife, Heather, and their blended family.

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