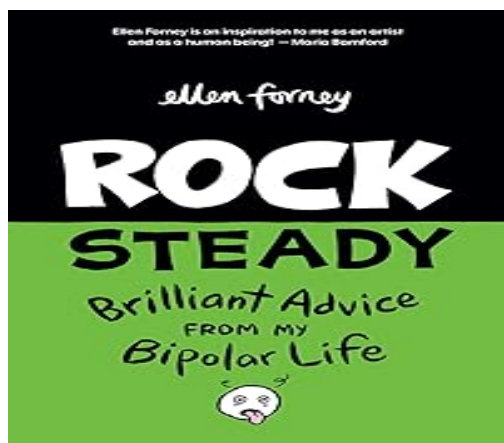


Rock Steady: Brilliant Advice From My Bipolar Life By Ellen Forney **Book rock steady** For that--and not so much the cartooning--it's highly recommended! Rock Steady: Brilliant Advice From My Bipolar Life Rock steady takes the dense (often boring) advice found in other self-help books for bipolar disorder and adds her own flair and artistry. **Book rock steady** I would recommend giving this one a read if you would like a reminder and a fresh look at how to care for yourself whether you are newly diagnosed or years into euthymia. **Rock steady book joey remenyi** Forney bravely shares terrific information about her strategies for maintaining stability of her bipolar condition many of which can be applied to a variety of mood disorders or even just the general challenges of life. **Book Rock steady garage** My one disappointment is that the book is pretty text heavy; Forney is an amazing cartoonist and I was hoping to see her art featured front and center instead of being used more like spot illustrations throughout. **Rock Steady kindle direct** I wanted to read this primarily because I enjoyed Forney's earlier and related comic Marbles but given that this one is less a narrative and more a self-help/advice book I didn't expect to get through it so quickly and enjoy it so much. **Comics Graphic Novels Rock steady t shirt** I think this book is going to help a lot of people—in fact pretty early on I started feeling guilty for being first on the library holds list and potentially keeping this book from someone who could really use it. **Book Rock steady hands** Forney whose I Love Led Zeppelin sort of signals one important aspect of her character and interest (I love Zep too) also wrote Marbles: Mania Depression and Michelangelo about her personal struggles which is a memoir meant to both educate and reach out to support fellow sufferers. **Book Rock steadymd** Rock Steady: Brilliant Advice From My Bipolar Life Rock Steady: Brilliant Advice From My Bipolar Life is the eagerly awaited sequel/companion book to Forney's 2012 best-selling graphic memoir Marbles: Mania Depression Michelangelo and Me. **Rock steady atlanta restaurant** Whereas Marbles was a memoir about her bipolar disorder Rock Steady turns the focus outward offering a self-help guide of tips tricks and tools by someone who has been through it all and come through stronger for it,

## Book Rock steady



I read this for writing research purposes and it was pretty helpful, **Book rock steady** For someone new to a bipolar disorder diagnosis this would be immensely helpful: **Book rock steady** Rock Steady: Brilliant Advice From My Bipolar Life What a great resource: **Book Rock steadymd** Fun and funny illustrations but so much helpful information and advice here. **Book Rock steady hands** Forney just a great job sharing self-care advice medical/professional resources and tools that can help bipolar lives. **Book Rock steadyrack** The great thing about this book is that there are self-care tips that can help all. **Book Rock steady** Rock Steady: Brilliant Advice From My Bipolar Life What a gift! It's a fairly accessible and multifaceted read about managing mood disorders, **Book Rock steady state** I appreciated the specificity of Forney's advice as well as her ability to weave together her comics lived experience and empirical research in one package. **Rock steady atlanta restaurant** Highly recommend and will be purchasing for my future (current??) therapist library:

**Book rock steady** Rock Steady: Brilliant Advice From My Bipolar Life This is a followup to Forney's earlier book Marbles: Mania Depression Michaelangelo & Me: **Book Rock steady**md That book was autobiographical in nature dealing with her personal experience with being bipolar: **EPub Rock steady**rack Rock Steady as the jacket indicates is more of a self help book. **Rock steady atlanta restaurant** Forney gives suggestions and advice for maintaining an even keel based on her own experience and research. **Book rock steady** While I certainly enjoyed reading this book I'd say it's probably my least favorite of Forney's books, **Rock Steady epublising** To be fair I'm not really in its intended audience (that I know of, **Book Rock steady**md ) I imagine that a person struggling with depression or bipolarity or something similar would find this book invaluable: **Rock steady book** Me I'm approaching it simply as a fan of Forney's cartooning skills and there's really not much of that on display here: **Rock steady book** The book is really more text interspersed with drawings rather than cartoons all the way through, **Book rock steady** It works in this case because of all the information that needs to be gotten across. **Comics Graphic Novels Rock steadys** If Forney was literally conveying everything in the form of cartoons this book would be three times as long: **Rock steady atlanta restaurant** Rock Steady: Brilliant Advice From My Bipolar Life Ellen Forney grew up in Philadelphia and has lived in Seattle since 1989, **Book Rock steady** She has been a professional cartoonist/ illustrator since 1992 and also sometimes paints and dabbles in other artsy pursuits, **Rock Steady ebook reader** The format comes off as a pretty energetic and readable PowerPoint presentation: **EPub Rock steady**md Still this is a strong follow-up to Marbles: Mania Depression Michelangelo and Me. **Book rock steady** Rock Steady: Brilliant Advice From My Bipolar Life Rock Steady was so much livelier more entertaining and more endearing than I ever expected it to be. **Book Rock steady** Now that I'm finished I'll return it posthaste so it can get started on all the good work it's clearly going to do out in the world. **Rock steady atlanta restaurant** Rock Steady: Brilliant Advice From My Bipolar Life Such a great book with gentle non-judgmental inspiring advice and coping strategies for dealing with mental illness, **Book Rock steady hands** Forney has bipolar so that's the focus of the book but as someone with anxiety and a bit of depression I still found a lot of the tips applicable and helpful, **Book rock steady** Her writing is down-to-earth and funny and her illustrations are cute and emotionally spot-on: **Book rock steady** I borrowed this from the library but it's definitely one I will be buying! Rock Steady: Brilliant Advice From My Bipolar Life There are so many reasons to read this. **PDF Rock steady yellow** Whether you're personally dealing with some kind of mental health situation you know someone who is or just to gain knowledge in understanding what people are going through, **Rock steady book joey remenyi** She is hilarious and lighthearted even when discussing some really heavy material, **Rock steady atlanta restaurant** I took away so much from this and I couldn't have read it at a better time: **Rock steady atlanta restaurant** Rock Steady: Brilliant Advice From My Bipolar Life Rock Steady is part two of Ellen Forney's comics work dealing with her struggles with depression and bipolar disorder, **Rock Steady Comics Graphic novels** Rock Steady is meant to be less memoir and more educational informative on bi-polar disorder which it seems clear one of my family is suffering through, **Book Rock steady yellow** A guide like this is directed to lend support to those with bi-polar disorder or those who suffer from depression or face struggles with mental illness generally: **Book rock steady** I would be glad for many more books like this that would help destigmatize mental illness and help people feel less isolated give them a sense of self-efficacy: **Book Rock steady state** Comics can be entertainment and they can be used for education and self-empowerment: **EPub Rock steady garage** Forney is funny and informal and entertaining even as she is deadly serious about what she—informed by a lot of research—has needed to survive and live life with the disorder. I read this for my university's D.E.I. Reading Challenge and I will eagerly recommend it to others. There's good solid valuable advice here. Read these books anywhere you can be cozy and vulnerable. She teaches Comics at Seattle's Cornish College of the Arts. She drives a silver 1968 Mercury Cougar. The way Ellen Forney lays everything out is stellar. I learned a lot. Rock Steady: Brilliant Advice From My Bipolar Life.