



Diary of a Bipolar: A 9-year, non fictional diary of a bipolar patient.

George Ison

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In 2001, George Ison was a young, well-educated, middle-class entrepreneur with a lovely girlfriend and a great life. But then, out of the blue, bipolar disorder hit. In honest, intimate, sometimes agonized diary entries over the course of several years, Ison charts the beginnings of his illness, from choosing doctors and med regimens through times when his close relationships foundered and family pulled away, and he was close to suicide.

Immensely relatable, Diary of a Bipolar is a fascinating read told from a male perspective. It will educate both those with the disease and their loved ones, as well as readers who are curious about what having bipolar disease is like - day in, day out.

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