Kelly Shelly

Bipolar Disorder: Accepting me and learning to live with this.

Question suggestions for your book:

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How did this affect you in different settings (friendsl, family, stranger's)?

If you had the opportunity to go back and change it or be different, would you?

What is the biggest takeaway, for you, from the experience?

How did people react or change with the experience?

What lis it like to go to the hospital for a mental illness

What has it been like for you to talk to others about what you've been through?

What is life like for you?