



Warrior The Bipolar Battle

Juanda J. Smith-Hayes



Warrior The Bipolar Battle:

Warrior K. Ram, 2015-03-14 All my life I had been known for my mind and now the only thing I trusted was going out of control That was the situation that confronted me when I was initially diagnosed with Bipolar Disorder Seven years of medication rehab and therapy had got me stable and functioning again And then the illness came back Following an explosive meltdown fueled by a relapse of my Bipolar Disorder I found myself surrounded by shambles of my home my arranged marriage and my life Confused and frustrated I saw no choice but to leave everything I knew behind and search for a better way to live Having previously been misdiagnosed once an error that had disastrous consequences I was determined this time not just to control my illness but also to truly understand and overcome it From a village in my homeland of India to the mysterious Wudang Mountains in China **Warrior The Bipolar Battle** is the story of my three year journey through five countries on three continents in my quest to understand my mind and my place in the universe To fight through life survive deal with unpleasant emotions and learn to live that is the way of the warrior Dark and emotional yet filled with inspiration and hope **Warrior The Bipolar Battle** is a story of triumphing over adversity against all odds and realizing that no matter how dark it gets no matter how low you fall there is hope There is a way out I am the Warrior Bipolar is my enemy This is my Battle *This War Within My Mind* John Poehler, 2020-03-27 Without proper treatment bipolar disorder is a debilitating mental illness that wreaks havoc on everything it touches Chaos and unpredictability are words that precisely describe bipolar disorder *This War Within My Mind* is a game plan that will change the way you view bipolar disorder It starts with simply changing the way you see yourself You are a warrior A bipolar warrior It is within you to take back control of your life and your illness As a warrior it is imperative that you train both your mind and body If you want to manage your bipolar disorder you need to fight it on a daily basis with the right tools and support John Poehler is an expert in managing his own personal bipolar disorder He hopes his ideas suggestions and thoughts will offer you guidance and support Stop merely surviving and start thriving along your own journey *Bipolar Battle Plan* TROY GILLEM, 2013-10-08 **Bipolar Battle Plan** by Troy Gillem is a no holds barred view of bipolar disorder Gillem offers riveting first hand descriptions of his own episodes and those of people he interviewed Gillem provides an aggressive action plan to manage ones symptoms and life in general covering everything from creating a balanced medical protocol to selecting a compatible psychiatrist This refreshing book is a boon to persons with bipolar disorder professionals in the field and interested friends and family members Ellen Bowers Ph D Victory means living a productive happy life and making your dreams come true **Winning the Bipolar Battle** Leon Andrew Brumfield, 2016-02-20 This book tells of a twenty year battle with bipolar disorder and how Leon Brumfield has overcome the challenges God s mercy and grace have blessed Leon to not just cope with the disease but to excel against all odds Although Leon had to be hospitalized in maximum security hospitals on numerous occasions he has flourished spiritually mentally and emotionally Some of Leon s victories in this timespan include obtaining his MBA having a successful

marriage being the proud father of a beautiful ten year old girl and preaching the gospel for over twenty years Leons motto is If you want something you never had you must do something you have never done Leon stresses that all things are possible to those who believe He demonstrates to bipolar families that bipolar can be conquered by the power of Jesus Christ Bipolar does not have to be a persons end Bipolar has been a stepping stone for Leon and he encourages people that the bipolar mountain can be climbed through persistence dedication and an open heart *A Prayer Warrior's Guide to Spiritual Battle* John Bornschein,2016-04-27 We are in the middle of a spiritual war and prayer is our most powerful weapon So why do we often treat it like a last resort Why do we struggle to prioritize our prayer life God wants us to speak to Him to draw closer to Him to gain His wisdom and understanding and even to change the world through our prayers A Prayer Warrior s Guide to Spiritual Battle edited by John Bornschein the vice chairman of the National Day of Prayer Task Force and an executive member of the National Prayer Committee explores the depth and power of a praying life Contributors discuss obstacles to prayer include inspirational stories and provide resources to help everyone gain a greater understanding of this powerful tool God has given us *Breaking Bipolar* Troy Steven,2020-05-07 Breaking Bipolar is an empowering self help book with clear detailed instructions on how to create a powerful battle plan to BREAK the hold bipolar disorder has on your life and eliminate bipolar episodes for good Breaking Bipolar will provide you the battle plan weapons and training to successfully battle bipolar disorder and live a long and satisfying life In this ground breaking book Troy Steven combines the knowledge he has gained battling bipolar disorder for over 20 years hi engineering expertise developing plans and procedures and the wisdom of five bipolar individuals he interviewed to equip bipolar individuals with the knowledge and skills needed to win the war against bipolar disorder After reading Breaking Bipolar your will you will have the training and skills to Create Your persona bipolar battle plan Dial In your Medications to the Optimal Medication Cocktail Eliminate bipolar episodes Optimize your medications Recognize symptoms of mania and depression Find a psychiatrist you trust Form a support team Determine your Specific Diagnosis Bipolar I Bipolar II Bipolar III Bipolar IV or Bipolar V Boost your mental and physical health Recover faster from a bipolar episode Deploy your bipolar legal rights if necessary Navigate psychiatric hospitals Win the war against bipolar disorder Make Your Dreams Come True Living with Bipolar Disorder is truly a war in fact it can be a matter of LIFE and DEATH Statistics show that approximately 25% of people with bipolar disorder attempt suicide and one out of five of these attempts succeed This is the highest suicide rate of any mental illness How do we battle a mental illness that has the ability to take control of our thoughts and emotions and cause our minds to deceive and betray us How do we overcome an illness that has the power to cause us to attempt suicide become violent and spend money recklessly not to mention act in so many other destructive ways How do we surmount the health issues attributed to bipolar disorder such as a shorter life span obesity diabetes and abuse of drugs and alcohol The best solution is to follow a lifelong whole life wellness plan that is based upon the expert recommendations of the medical community Breaking Bipolar will give you that plan Bear in mind that you

are the General of your own individual bipolar battle plan You must become expert at treating your own disease Live by the motto Bipolar Heal Thyself The book you are holding in your hands promises one thing to provide you the weapons and training to fight bipolar illness strategically intelligently and as a warrior Equipped with a battle plan to combat bipolar disorder you will be well armed to achieve victory This is your life you don't get another **Armor - Participant's Workbook to Spiritual Warfare: "The Call of the Kingdom Warrior"** Juanda J. Smith-Hayes, 2013-07-13 The participant's workbook Romans 7:21 I find then a law that when I would do good evil is present with me KJV The battle between good and evil is real Learn how to fight the fight of faith in the heavens and here on earth through the power of God and the blood of Lamb *God's Warrior* Corin McCoy-Barba, 2019-08-09 Corin is a warrior of God Every day she fights the toughest battles that God has given her She is a lady of visions and discernment The enemy has been attacking her since she was a child and now it is attacking her family But through the power of God and the visions he gives her she is able to help them Everybody goes through the hardships of life but through the power of God you can fight through it and become God's most valuable warrior even in the hardest of times As you read Corin's story she will tell you her life's toughest battles that she has fought in her everyday life so that people may understand that God is there in all circumstances and in all places No matter what you are going through God is there for you and is waiting for you to join his army and trust in his leadership even in the most difficult of times Embrace the Warrior Within Milly Jones, 2019-02-14 This adventure book is my experience of living with and surviving a mental illness Traveling through manic highs and depressive lows this book takes you on the rollercoaster ride of my life Using poetry and snippets of my mind I unveil myself to the public and embrace the hand that I was given Mental health issues have hit me hard and so this book is here to inspire people It's hard but you have to carry on through the ups and downs and pick yourself up whenever you fall Because despite coming back from the darkest of places I can now say that I am happy to be alive *Bipolar: The Ultimate Bipolar Disorder Solutions for You (Growing Up With a Bipolar Parent and My Battle to Reclaim Myself)* Angela Schmidt, 2022-01-08 Bipolar disorder can be a lifetime struggle but it doesn't have to be This guide provides tried and proven methods for dealing with this disorder or helping a loved one who suffers from it Learn how to deal with mood swings prevent recurrences avoid misdiagnosis maximize the effectiveness of treatment settle family problems and make lifestyle adjustments to stay well You will learn in this book Dealing with a depressed person coping with someone with depression or an anxiety disorder Depression signs symptoms and treatment of depression Bipolar depression disorder symptoms and treatment Dealing with a bipolar person how to deal with someone diagnosed with manic depression The book is a personal journey finding what the disease is all about managing the difficult moments of depressions and hypo mania episodes until a stable effect is reached the so called remission The author also shares her successes talents and everything she has learned in an optimistic and positive way

Warrior The Bipolar Battle Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Warrior The Bipolar Battle**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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