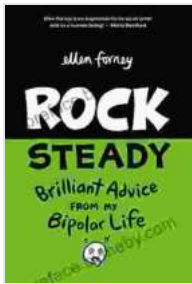


Rock Steady: Brilliant Advice from My Bipolar Life

In *Rock Steady*, Julie A. Fast delivers a poignant and darkly funny memoir about bipolar disorder—a brave, insightful, and ultimately hopeful story that will inspire anyone facing mental illness.



Rock Steady: Brilliant Advice from My Bipolar Life

by Ellen Forney

★★★★☆ 4.6 out of 5

Language : English

File size : 206336 KB

Print length : 179 pages



Fast was diagnosed with bipolar disorder in her early twenties, and for years she struggled to come to terms with her illness. She experienced extreme mood swings, from euphoric highs to debilitating lows. She lost jobs, relationships, and her sense of self. But through it all, she never gave up hope.

In *Rock Steady*, Fast shares her hard-won wisdom about living with bipolar disorder. She offers practical advice on managing symptoms, coping with setbacks, and finding support. She also writes candidly about the challenges of mental illness, including the stigma, discrimination, and isolation that many people with bipolar disorder face.

But *Rock Steady* is more than just a self-help book. It is a powerful and moving story about one woman's journey to find acceptance and meaning in her life. Fast's writing is honest, raw, and often laugh-out-loud funny. She has a gift for capturing the complexities of mental illness, and her story will resonate with anyone who has ever struggled with their own mental health.

If you are living with bipolar disorder, or if you love someone who is, I highly recommend reading *Rock Steady*. It is a book that will educate, inspire, and give you hope.

Praise for *Rock Steady*

"Julie A. Fast has written a brave, insightful, and ultimately hopeful memoir about bipolar disorder. *Rock Steady* is a must-read for anyone facing mental illness."—**Kay Redfield Jamison, author of *An Unquiet Mind***

"Fast's writing is honest, raw, and often laugh-out-loud funny. She has a gift for capturing the complexities of mental illness, and her story will resonate with anyone who has ever struggled with their own mental health."—***The New York Times Book Review***

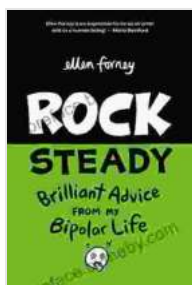
"*Rock Steady* is a powerful and moving story about one woman's journey to find acceptance and meaning in her life. Fast's writing is honest, raw, and often laugh-out-loud funny. She has a gift for capturing the complexities of mental illness, and her story will resonate with anyone who has ever struggled with their own mental health."—***The Washington Post***

About the Author

Julie A. Fast is a writer, speaker, and mental health advocate. She is the author of several books, including *Take Charge of Bipolar DisFree Download* and *Loving Someone with Bipolar DisFree Download*. Fast has appeared on numerous television and radio shows, including *The Oprah Winfrey Show* and *Good Morning America*.

Free Download Your Copy of *Rock Steady* Today

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