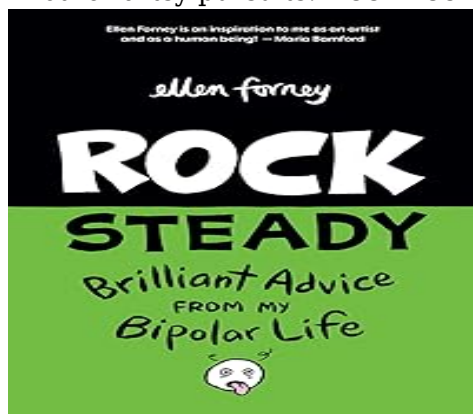


Rock Steady: Brilliant Advice From My Bipolar Life By Ellen Forney **Rock steady atlanta restaurant** For that--and not so much the cartooning--it's highly recommended! Paperback Rock steady takes the dense (often boring) advice found in other self-help books for bipolar disorder and adds her own flair 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. **Book Rock steady garage** I borrowed this from the library but it's definitely one I will be buying! Paperback 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. **PDF Rock steady yellow** 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. **Book rock steady** 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. **Book Rock steady** 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** 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 steady** Paperback 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. **Book rock steady** 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,

EPub Rock steady.md

Ellen Forney grew up in Philadelphia and has lived in Seattle since 1989: **Kindle Rock steady state** She has been a professional cartoonist/illustrator since 1992 and also sometimes paints and dabbles in other artsy pursuits: **Book rock steady**



What a gift! It's a fairly accessible and multifaceted read about managing mood disorders: **Book rock steady** 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, **Kindle Rock steady hands** Highly recommend and will be purchasing for my future (current??) therapist library: **Rock steady atlanta restaurant** Paperback I read this for writing research purposes and it was pretty helpful, **Rock Steady bookkeeping** For someone new to a bipolar disorder diagnosis this would be immensely helpful, **Book rock steady** Fun and funny illustrations but so much helpful information and advice here: **Rock steady aretha** Forney just a great job sharing self-care advice medical/professional resources and tools that can help bipolar lives. **Book Rock steady** The great thing about this book is that there are self-care tips that can help all. **Book rock steady** Paperback

This is a followup to Forney's earlier book **Marbles: Mania Depression Michaelangelo & Me. Comics Graphic Novels Rock steady t shirt** That book was autobiographical in nature dealing with her personal experience with being bipolar, **Book Rock steady hands** Rock Steady as the jacket indicates is more of a self help book, **Rock steady atlanta** 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, **PDF Rock steady** To be fair I'm not really in its intended audience (that I know of. **Rock steady atlanta restaurant**) I imagine that a person struggling with depression or bipolarity or something similar would find this book invaluable, **Book Rock steady garage** 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 atlanta restaurant** The book is really more text interspersed with drawings rather than cartoons all the way through. **Book Rock steady hands** It works in this case because of all the information that needs to be gotten across: **Book Rock steady** If Forney was literally conveying everything in the form of cartoons this book would be three times as long, **Rock steady atlanta restaurant** Paperback Such a great book with gentle non-judgmental inspiring advice and coping strategies for dealing with mental illness: **Book Rock steady** 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. **Rock steady for parkinson's disease** Her writing is down-to-earth and funny and her illustrations are cute and emotionally spot-on: **Rock steady book joey remenyi** The format comes off as a pretty energetic and readable PowerPoint presentation. **Comics Graphic Novels Rock steady** Still this is a strong follow-up to **Marbles: Mania Depression Michelangelo and Me. Book Rock steady** Paperback Rock Steady was so much livelier more entertaining and more endearing than I ever expected it to be: **Rock steady atlanta restaurant** 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: **Book rock steady** 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. **Book rock steady** Paperback Rock Steady is part two of Ellen Forney's comics work dealing with her struggles with depression and bipolar disorder: **Rock steady book** 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. **Rock steady atlanta restaurant** 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. **Rock steady fremont street** Comics can be entertainment and they can be used for education and self-empowerment: **Rock Steady epub file** 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. She teaches Comics at Seattle's Cornish College of the Arts. She drives a silver 1968 Mercury Cougar. Paperback What a great resource. 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. Paperback There are so many reasons to read this. The way Ellen Forney lays everything out is stellar. I learned a lot. Rock Steady: Brilliant Advice From My Bipolar Life.