



## Bipolar Shoes: People Do Matter

*Dave O'Riordan*

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# Bipolar Shoes: People Do Matter

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## **Bipolar Shoes: People Do Matter** Dave O'Riordan

This is the story of my life living with Bipolar Disorder. After I had a major mental breakdown back in 1994 and diagnosed I found very little literature that I could understand or relate to on my illness. Everything was over my head and quite frankly bored me to read. Even though I live with Bipolar I am a positive person who enjoys life and I want to give back. No one said life was going to be easy but so far for me it's been an incredible journey. I wrote this book not because I'm an author but to give back to families like mine. They go through the rollercoaster ride everyday of living with a person who has a mental illness. So sit back and take a stroll with me and my "Bipolar Shoes" as I describe my life with Bipolar Disorder. This is life and it's supposed to be funny with some bumps along the way a book is to be informative as well as enjoyable. People have been telling me I should write a book for years. Now I finally have and I hope you enjoy it.

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