



# Sugar and Salt: My Life with Bipolar Disorder

*Jane Thompson*

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## **Sugar and Salt: My Life with Bipolar Disorder** Jane Thompson

Sugar & Salt: My Life with Bipolar Disorder is the story of an ordinary person who lived with and ultimately overcame bipolar disorder (manic-depression.). She was not diagnosed until she was 37. She describes what it is like to be raised in a family overshadowed by the illness, and to try to fit in in school and to function at work with the undiagnosed disorder. The failure of a marriage and relationships are detailed, and she struggles to understand why her life is so different and so difficult, until she has a sudden revelation that something is wrong with her and that she needs help. Then comes the long fight to get treatment as she tries medication after medication after being misdiagnosed as psychotic. For five years she seeks knowledge and understanding of the disorder that makes her suffer. In a dramatic turn, Jane realizes she must enter a mental hospital to get the treatment she needs. She describes life in a locked ward, and how her doctor finally finds the medication her disorder responds to. She feels she has been given the key that lets her out of the hell the mood disorder has kept her in all her life, and for the first time, she feels "normal." After the hospital, Jane has to face the world again and start a new life. She is able to work for years without her employers discovering her secret. However, after ten years, she develops an allergy to the medication that has served her so well and must start the process over again. During this process, she loses her dream job and falls back into depression. A story of ultimate triumph over bipolar disorder; find out how she did it and how you, too, can manage the disorder through medication and therapy.

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