



A Lifelong Journey: Staying Well with Manic Depression / Bipolar Disorder

By Sarah Russell

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Contributors to this book discuss many different ways they stay well with manic depression. The author has put together common strategies to stay well. With insight, education, experience and time, people with manic depression learn what works for them and what does not work.

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Editorial Review

Review

beyondblue welcomes Sarah's insightful and revealing book. By sharing personal experiences, A Lifelong Journey provides helpful information for us all. --Leonie Young, CEO beyondblue

I wish I had read this book 20 years ago when my daughter first became unwell. It would have given me hope for her future. --Joan Russell

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About the Author

Sarah Russell is the principal researcher of Research Matters in Melbourne, Australia. Sarah creatively engages people regarding issues of health and social justice, and has published numerous academic articles and frequently writes letters and opinion pieces for newspapers.

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