

Author Penned Hope for Bipolar and Empower Others

Author Penned Hope for Bipolar and Empower Others

ORLANDO, FL, UNITED STATES, September 28, 2017 /EINPresswire.com/ -- The book is a groundbreaking tale of real struggles with bipolar disorder. In her book, [Mind, Pain, Feeling, Healing](#), the author Lois E. Lund gives a raw and in-the-moment account of what she feels and thinks.

This book identifies existing problems that affect people with the said disorder, discusses all the rough edges, inequities with all honesty.

The book gives a thorough account of the writer's journey, her passion, adulation, and emotional health. It also commends the people that gave her the touching support to overcome the hurdles of being bipolar and the lessons she learned along the way.

While others tried to conceal it, Lund provides hope and revelations in her book. Each page will chronicle the anxiety, stress, as well as symptoms to allow her readers to understand what most bipolar experience and what solutions shall be taken to overcome or remedy the illness. Mind, Pain, Feeling, Healing becomes the voice of the unheard for those who still hide in fear.

Readers will have clarity and as the reading progress, they never would undermine the seriousness of bipolar disorder. She perfectly consolidates her thoughts with courage and wants her readers to inherit her bravery for facing bipolar, especially military veterans, who like herself, had to suffer in silence.

Hope, healing and facing life with courage is the book's main purpose. It will not only tell a story but will impart life's lessons as well.

About the Author:

[Lois Lund](#) has a passion for entertaining young children with rhyming poetry and stories that encourage reading and imaginative play. From baby chicks as yellow as butter to a froggie who can leap, Lund leads youngsters through a variety of catchy poems and true tales that reflect on things children love, encourage a good work ethic at home and at school, honor God, and teach about times gone by. In this colorful collection of poetry and stories, children learn that life is always more fun when they focus on faith, love, and happiness. Lois Lund grew up in a small town in Indiana, earned an Associate's degree in Arts from Valencia Community College, and served in the United States Navy. She and her husband have a daughter and live in Orlando, Florida, where she enjoys playing



the trumpet in church.

Product details:

Paperback: 48 pages

Publisher: AuthorHouse (September 14, 2015)

Language: English

ISBN-10: 1504947193

ISBN-13: 978-1504947190

Product Dimensions: 5 x 0.1 x 8 inches

Book Availability:

Amazon - <http://goo.gl/vfufpb>

AuthorHouse - <http://goo.gl/SGyDdT>

Lois E. Lund

.

8885040951

email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.