



The Day I Fired My Psychiatrist: A Bipolar Victory

Judy Vreeland

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Millions of people in the United States have been diagnosed with bipolar disorder, also known as manic depression. Treatment of this illness usually involves psychiatric medications that, for many patients, provide the relief needed to maintain a balance. But what happens when these drugs do not have the desired effects? Author Judy Vreeland knows firsthand what happens when traditional medications used for treatment of bipolar disorder do not work as intended. *The Day I Fired My Psychiatrist: A Bipolar Victory* shares her story of trial and triumph. As she struggled with hospitalizations, it became apparent medications traditionally used to treat bipolar disorder were not working for her. When a crisis left her weakened, confused, and needing occupational, speech, and physical therapy, Vreeland and her family went looking for nontraditional ways to treat her condition. Her steady climb to recovery demonstrates how God provided the necessary tools for healing through cognitive behavioral therapy, which seeks to empower the patient and his or her family. Along with therapy, Vreeland's faith in God was vital to her healing. Turning to him and asking for help can light the way to finding the help you need. *The Day I Fired My Psychiatrist* offers hope and optimism for the bipolar community, its friends, and families.

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