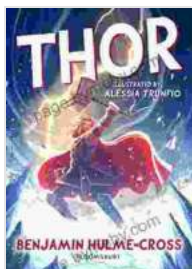


Thor High Low: A Personal Journey Through the Peaks and Valleys of Bipolar Disorder



Thor (High/Low) by Nancy Guettier

★★★★★ 5 out of 5

Language : English
File size : 3783 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 96 pages



Nancy Guettier's life has been a roller coaster ride of highs and lows. She has experienced the heights of mania and the depths of depression. In her memoir, Thor High Low, she shares her raw and honest story with the hope that it will help others who are struggling with mental illness.

Nancy's story begins with her childhood. She was a bright and happy child, but she also experienced periods of sadness and anxiety. When she was 15, she was diagnosed with Bipolar Disorder. This diagnosis was a turning point in her life. She finally understood why she had been feeling the way she did, and she was determined to get better.

Nancy's journey with Bipolar Disorder has been challenging, but it has also been rewarding. She has learned how to manage her symptoms and live a full and happy life. She has also found meaning and purpose in her work as an advocate for mental health awareness.

Thor High Low is a powerful and inspiring story. It is a must-read for anyone who is struggling with mental illness or who wants to learn more about it.

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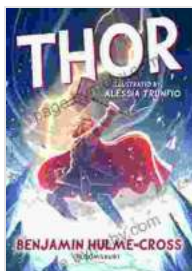
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Endorsements

"Thor High Low is a gripping and honest account of one woman's journey with Bipolar DisFree Download. Nancy Guettier's story is both heartbreaking and inspiring. She writes with raw honesty about her struggles and triumphs, and her story will resonate with anyone who has ever been touched by mental illness." - **Kay Redfield Jamison, author of An Unquiet Mind**

"Thor High Low is a powerful and important book. Nancy Guettier's story is a reminder that mental illness is a real and debilitating condition, but it is also a condition that can be managed. Nancy's story is a beacon of hope for anyone who is struggling with mental illness." - **Pete Earley, author of Crazy: A Father's Search for His Son**



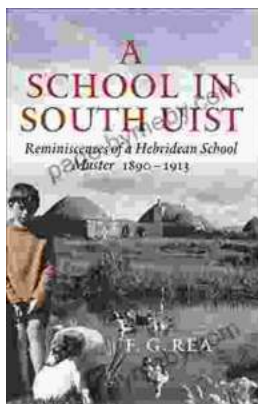
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