



# **The Frantic Mind's Resource: A Reference for Young Adults with Bipolar Disorder**

*Preston C. Northcraft*

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# The Frantic Mind's Resource: A Reference for Young Adults with Bipolar Disorder

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Are you a teenager and feel hopeless? Do you feel like you have no where to turn? Then you have picked up the right book! Life can be tough as a teenager but even harder if you are a teenager with mental illness. Dealing with depression, mania, paranoia, and many other issues can make a teenager with mental illness feel hopeless and alone. But, in *The Frantic Mind's Resource*, author Preston C. Northcraft lays the truth out about being a teenager with mental illness. At age fifteen, Preston was diagnosed with bipolar disorder and now is using his experience and knowledge to help teenagers with mental illness. If you need help or you just want to know more about mental illness, then *The Frantic Mind's Resource* is the right book to read.

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