



Ride at Your Own Risk:: A Guide for Pregnant Women with Bipolar Disorder and Their Families by Someone Who's Done It

Christina Marie Bailey

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From the author of *Trapped on a Runaway Roller Coaster: Poetry from an Unstable Mind* comes a hard look at life with bipolar disorder from a sufferer's perspective. *Ride at Your Own Risk* is a collection of personal experiences combined with an informative message about the disorder as well as the roller coaster that is pregnancy. This book is filled to the brim with a hopeful message, wrapped up in the comedy and tragedy that only real life can bring. You'll smile, laugh and maybe even cry a little. Most of all, you'll gain some understanding of a little-discussed subject in a world where information is the key to healthy living for all.

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