



# Dark Side of the Mood: A Journey Through Bipolar Disorder to Recovery

*Sheri Medford*

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## **Dark Side of the Mood: A Journey Through Bipolar Disorder to Recovery** Sheri Medford

*Dark Side of the Mood* illustrates how the support of a community, as well as daily meditation and reflection, can lead to a strengthening of self and faith. Author Sheri Medford takes us on a brave and powerful journey as she recounts, in a series of evocative vignettes, her experiences with bipolar disorder. Inviting the reader into her internal landscape, Medford looks beyond the physical needs to the deeper spiritual needs of someone encompassed by a chronic invisible disability in today's society. As her journey progresses, she comes to see her illness as a gift that led her to her true self, her soul, which, she comes to understand, is not ill. Those suffering from bipolar disorder, or have a loved one struggling will see that Sheri Medford's journey will be both comforting and helpful.

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