

# An Unflinching Look at Bipolar Disorder and Alcoholism: Susie Que Bipolar And Alcoholic

In her raw and honest memoir, *Susie Que Bipolar And Alcoholic*, Susie Que offers a powerful and personal account of one woman's journey through mental illness and addiction.



## **Susie Que: A Bipolar and Alcoholic** by D. M. Kalten

★★★★★ 5 out of 5

Language	: English
File size	: 326 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 32 pages
Lending	: Enabled



Que was diagnosed with bipolar disorder at the age of 25. At the time, she was a successful businesswoman with a promising future. But her illness quickly spiraled out of control, leading to a series of hospitalizations and lost jobs.

In addition to her bipolar disorder, Que also struggled with alcoholism. She began drinking as a way to self-medicate her symptoms, but her addiction quickly worsened. Soon, she was drinking heavily every day, and her life was in shambles.

Que's memoir is a unflinching look at the realities of living with bipolar disorder and alcoholism. She writes about the highs and lows of her illness, the stigma she faced, and the challenges of recovery.

But Que's story is also one of hope and resilience. After years of struggling, she was able to get sober and manage her bipolar disorder. Today, she is a successful writer and speaker who helps others who are struggling with mental illness and addiction.

*Susie Que Bipolar And Alcoholic* is a must-read for anyone who is interested in learning more about bipolar disorder, alcoholism, or mental illness in general. It is a powerful and personal story that offers hope and inspiration to those who are struggling.

### **Que's Journey to Recovery**

Que's journey to recovery was long and difficult. She tried to get sober on her own several times, but she always relapsed. Finally, she realized that she needed professional help.

Que entered a treatment program for bipolar disorder and alcoholism. She spent several months in therapy, where she learned how to manage her symptoms and develop healthy coping mechanisms.

After completing treatment, Que continued to attend therapy and support groups. She also began taking medication to help stabilize her mood.

Today, Que is sober and has been managing her bipolar disorder for many years. She is a successful writer and speaker who helps others who are struggling with mental illness and addiction.

## Que's Advocacy Work

Que is passionate about helping others who are struggling with mental illness and addiction. She is a vocal advocate for mental health awareness and addiction treatment.

Que has spoken at numerous conferences and events about her experiences with bipolar disorder and alcoholism. She has also written several articles and blog posts on the topic.

In addition to her advocacy work, Que is also a volunteer at a local mental health clinic. She helps others who are struggling with mental illness by providing support and encouragement.

## Que's Impact

Que's work has had a positive impact on the lives of many people. She has helped to raise awareness of mental illness and addiction, and she has inspired others to seek help.

Que is a role model for others who are struggling with mental illness and addiction. She shows that it is possible to recover and live a full and happy life.

*Susie Que Bipolar And Alcoholic* is a powerful and personal memoir that offers hope and inspiration to those who are struggling with mental illness and addiction. Que's story is a reminder that it is possible to recover and live a full and happy life.

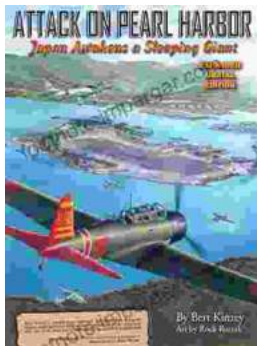
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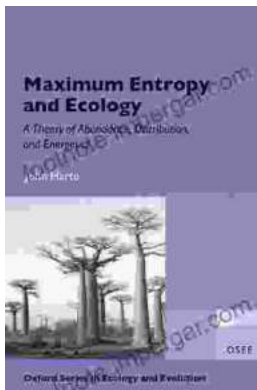


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