



Her bipolar secret is under wraps—until her brain jumps the track. Her life turns into a technicolor dream, and suddenly she's manic. As seen through the eyes of Liddy Baker, author [E.B. Howell](#) explains bipolar disorder with a detailed account of Liddy's real and make-believe adventures. Ms. Howell writes openly about struggles to be seen and heard by family members and medical professionals. Most importantly, she recounts Liddy's manic episodes in searing detail, because they're her own.

“Liddy walks and sometimes runs through the complicated emotions of bipolar disorder over three decades,” says Howell. “Unfortunately there’s an isolating stigma surrounding bipolar disorder that can lead to harmful behavior and even suicide. People who have it often feel bipolar is something better kept as a secret as it’s generally misunderstood and buried by family members,” according to Howell.

E.B. Howell Releases Her Book on Experience with Bipolar Disorder

- **March 30th, [World Bipolar Day](#), planned release.**
- **Media launch is postponed until May ([Mental Health Month](#)), until then Emily is sharing her story with friends, family and colleagues as our physical health is paramount.**
- **Join her March 30th, 4pm EST on ZOOM [live](#). Jump on, say hello, ask a question.**

“In short, we need to shatter the stereotype that people living with bipolar are completely crazy. It affects approximately 5.7 million adult Americans every year. With the correct diagnosis, care, and treatment, bipolars lead productive, meaningful lives, and you never hear about that.”

As Much as I Care to Remember is also a practical guide for family members who care for bipolars. Howell recommends: 1) Watch for warning signs (decreased need for sleep, euphoria, irritable or temperamental, paranoid behavior*); 2) Listen to the person living and experiencing bipolar; 3) Seek the support of medical professionals together; and 4) Don't lose hope—run the race marked before you with informed medical care and perseverance.

To purchase ***As Much as I Care to Remember***, please visit my [bookstore](#) or snag it from [Amazon](#).

FAQ



Why March 30th?

It's World Bipolar Day (WPD) an initiative of International Bipolar Foundation in conjunction with the Asian Network of Bipolar Disorder (ANBD) to provide a global education platform for open discussion to improve sensitivity about bipolar disorder. (isbd.org/world-bipolar-day)

What's Bipolar Disorder?

According to the **Mayo Clinic**, "Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, bipolar disorder is treated with medications and psychological counseling (psychotherapy)." (mayoclinic.org)

Why should we care?

- A person with bipolar disorder is more likely to harm or kill themselves. (nami.org)
- Bipolar disorder affects approximately 5.7 million adult Americans, or about 2.6% of the U.S. population age 18 and older every year. (nami.org)
- Bipolar Disorder can be a contributing factor in job loss, divorce, substance abuse, and worst of all suicide. (nami.org)

What are the signs of bipolar disorder? (mayoclinic.org)

Manic behavior could include these symptoms:

- Acting with a sense of euphoria
- Decreased need for sleep
- Unusual talkativeness
- Racing thoughts

Depressive bipolar episode symptoms could include:

- Marked loss of interest or feeling no pleasure in most activities
- Significant weight loss when not dieting, weight gain, or decrease or increase in appetite
- Either insomnia or sleeping too much
- Either restlessness or slowed behavior
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Decreased ability to think or concentrate, or indecisiveness
- Thinking about, planning or attempting suicide



About E.B. Howell

Emily Howell was raised in Winston-Salem, North Carolina, graduated from Furman University in Greenville, South Carolina and obtained her Masters in Journalism and Public Policy at American University in Washington, DC. She moved to New York City where she used her communications expertise to assist health organizations with patient advocacy through the written word and video communications. She served as the **Scientific Communications Director** of the **National Kidney Foundation** in New York City from 2006 – 2014; and as a **Communication Specialist** at the **Juvenile Diabetes Research Fund**. The unifying thread to Howell's career in patient advocacy is her experience generating awareness for public health issues by developing and disseminating health messaging locally and globally. Emily currently works in healthcare and lives in Beaufort, SC, with her husband.

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