



# **Bipolar Disorder - One Day at a Time: A Devotional Journal for Those with Bipolar Disorder**

*Michele Sexton*

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There are over 10 million people whose lives are touched by bipolar disorder in our country alone, many of them Christians. If you have bipolar disorder and have struggled with questions such as, "Why hasn't God healed me of my bipolar disorder?" "Is there something wrong with my faith?" or "Am I a bad Christian?" then you are not alone. Michele also struggled with these and other questions regarding her bipolar disorder, yet found comfort and inspiration in the Scriptures. In this devotional journal, she shares with you those Scriptures as well as her own struggle with bipolar disorder and the recovery that she enjoys today.

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