

Defeating Bipolar Disorder

New Book Reveals Woman's Struggle to Understand, Overcome Mental Illness

GEORGETOWN, Texas – Join author Jane Thompson on a journey through the frustrating, agonizing and deeply personal world of mental illness in her new book, *Sugar & Salt: My Life with Bipolar Disorder* (now available through AuthorHouse).

In a candid style and with compassion for fellow sufferers, Thompson chronicles her struggles, failures and ultimate triumphs as she slowly learns to live in the shadowy world of bipolar disorder.

“It is not a tale of climbing the ladder of success, but of a winding trail that is sometimes upward, but that ultimately leads to [a] goal of stability and understanding of an illness I must live with and manage the rest of my life,” writes Thompson.

Thompson was not diagnosed with bipolar disorder until age 37. In *Sugar & Salt* she describes what it is like to be raised in a family overshadowed by the illness. She reveals the uphill battle to fit in at school and to function at work with the undiagnosed disorder. Failed relationships and marriage are detailed, and readers are given a firsthand look at life through the eyes of one afflicted with manic-depression. Thompson's wake-up call came in the form of a sudden revelation that something was wrong with her, and that she needed help.

From the long and difficult fight to get treatment as she tries numerous medications to the insatiable thirst for knowledge about the affliction that haunts her, *Sugar & Salt* is a no-holds-barred account of one woman's lonely battle to regain stability in a life seemingly out of control.

“The target audience is people with bipolar disorder who have traveled this road, especially those who are having difficulty accepting their diagnosis or who have lost faith that they can ultimately reach stability and peace,” she writes.

Thompson has worked as a social worker, teacher, paralegal and writer. She holds bachelor's and master's degrees from the University of Oklahoma. She wrote for the publisher of a political encyclopedia and served as a medical writer for a training corporation. She has had 20 short stories published, but *Sugar & Salt* is her first book.