

My Ed Up Life And How I Fixed It

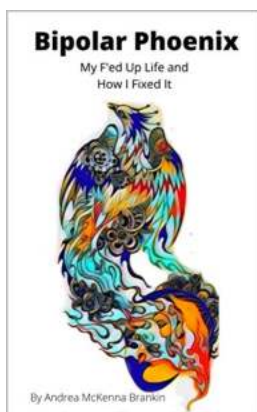
Imagine feeling like life is spiraling out of control, like you're constantly swimming against the current, or worse, drowning. That was the story of my life not so long ago. But I want to share my journey with you today, how I turned my ed up (messed up) life around, and how you can too!

The Breaking Point

There comes a time in everyone's life when they hit rock bottom, and for me, that moment was a wake-up call. My career was going nowhere, my relationships were falling apart, and I was left feeling lost and hopeless. I knew something had to change, but I didn't know where to start.

Admitting the Problem

The first step to fixing any problem is admitting it exists. I had to come face to face with my reality and acknowledge that my life was ed up. It wasn't easy. It took a lot of courage, but once I acknowledged the problem, I was ready to take action.



Bipolar Phoenix: My F'ed Up Life and How I Fixed

It by Andrea McKenna Brankin (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 1210 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 162 pages



Seeking Help

They say that asking for help is a sign of strength, and I couldn't agree more. I reached out to a trusted friend and shared my struggles with them. They became my support system, offering guidance and encouragement every step of the way. Sometimes all we need is someone to lean on.

Setting Goals

With the support of my friend, I started setting goals for myself. These goals were my roadmap to a better life. Whether it was in my career or personal life, I identified areas that needed improvement and set realistic, achievable goals to work towards. This gave me a sense of purpose and direction.

Embracing Change

Change can be scary, but it's necessary for growth. I realized that if I wanted to fix my messed up life, I had to be willing to make some changes. I let go of toxic relationships that were holding me back and started surrounding myself with positive influences. I also took the leap and pursued new career opportunities that aligned with my passions and values.

Seeking Professional Help

In addition to the support of my friend, I also sought professional help. Therapy played a crucial role in my journey towards healing and self-discovery. It provided me with a safe space to explore my thoughts and emotions, and a trained professional to guide me through the process. Seeking professional help is not a sign of weakness; it's a sign of strength and commitment to personal growth.

Finding Balance

One of the most important things I learned on this journey was the importance of balance. I realized that my ed up life was a result of neglecting certain areas. I started prioritizing self-care, cultivating healthy habits, and making time for activities that brought me joy. Balance is the key to a fulfilling life.

Never Stop Learning

As I continue on this journey of self-improvement, I've come to realize that learning never stops. I'm constantly seeking new knowledge, whether it's through books, podcasts, or workshops. By investing in my personal growth, I'm ensuring that I never regress to my ed up life again.

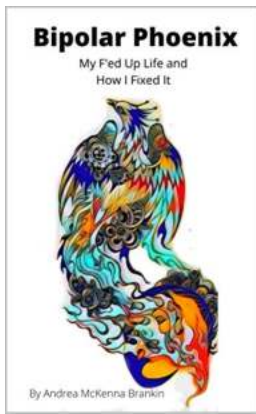
The Transformation

Today, I can proudly say that my ed up life is a thing of the past. I've found my purpose, my relationships have flourished, and I wake up every day with a sense of gratitude and fulfillment. It hasn't been an easy journey, but it's been worth it.

You Can Too!

If you're feeling stuck in an ed up life, I want you to know that you have the power to change it. It may not happen overnight, and it may require some hard work and difficult decisions, but you can turn your life around. Seek help, set goals, embrace change, and never stop learning. You deserve a life filled with joy, purpose, and fulfillment!

Remember, you are not alone in this journey. Reach out to friends, family, or professionals who can support you along the way. You have the strength within you to fix your ed up life and create the life you've always dreamed of!



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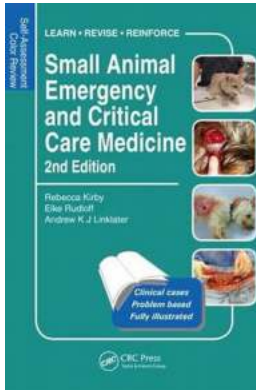
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Bipolar Phoenix: My F'ed Up Life and How I Fixed It is a book about a woman who has been burned and reborn by her experience with bipolar disorder. From a past of both exceptional production and total disaster, the author explains how bipolar manifested in her life as well as the tools she acquired to help overcome and manage it.

The good times included success in school, athletics and the working world, while the train wreck occurs after a difficult divorce and subsequent abusive relationship where the author survives a few unhappy moves to the wrong places and a hostile workplace. After several years of playing the victim, and learning how that path would play out, the author turns her entire life around to instead take charge of her healing and provide support to those suffering from mental health problems by speaking out about her life and how she changed it. A lot of mental-health memoirs only focus on the juicy, negative and tabloid-esque aspects of the disease. Bipolar Phoenix focuses on the healing solutions as well, so those who suffer also may rise from the ashes.



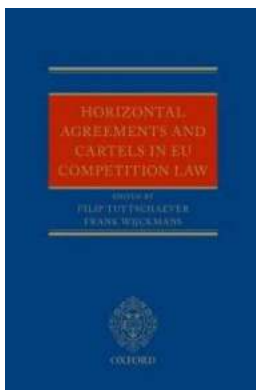
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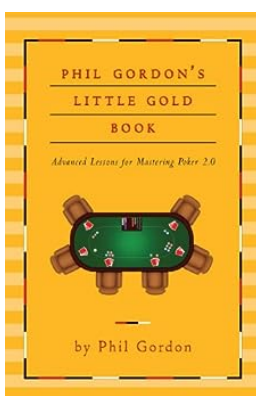
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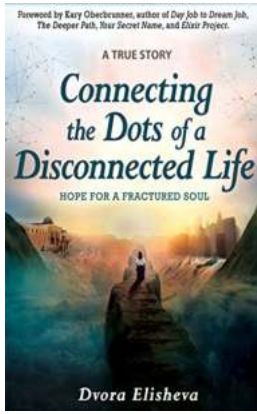
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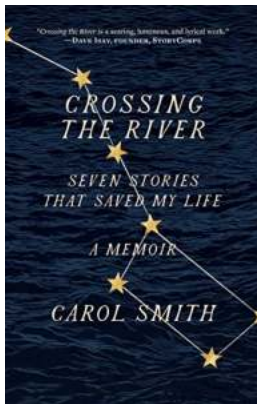
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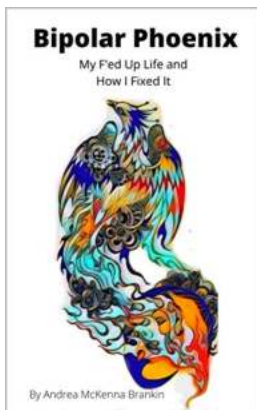
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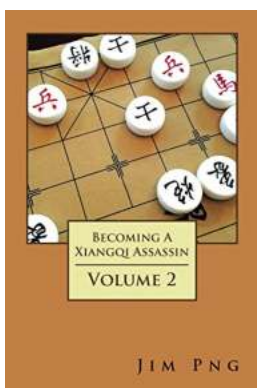
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