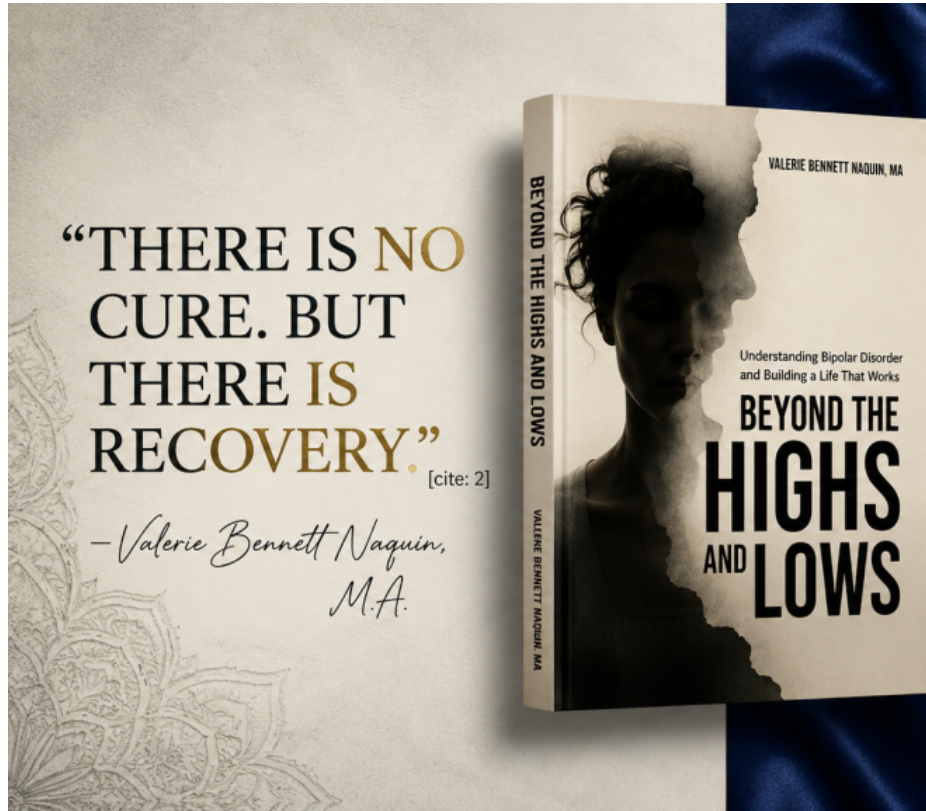


"Beyond the Highs and Lows" Now Available: Comprehensive Bipolar Disorder Guide for Living Successfully with Bipolar

Renowned Behavioral Health Leader Shares Clinical Expertise and Personal Journey of Managing Bipolar Disorder, Mania, Depression, and Mood Swings to Help Individuals, Families, and Professionals Build High-Functioning, Resilient Lives



“THERE IS NO CURE. BUT THERE IS RECOVERY.” [cite: 2]
—Valerie Bennett Naquin, M.A.

For more than a decade, Valerie Bennett-Naquin, MA, was “Beyond the Highs and Lows”—finding strength, purpose, and healing in her own journey. [cite: 2]

“Beyond the Highs and Lows”—a raw and empowering memoir that illuminates the realities of living with Bipolar Disorder while offering practical insight for lasting stability and hope. [cite: 2]

This courageous book offers understanding, tools, and compassion for individuals, loved ones, and anyone seeking clarity about mental health. [cite: 2]

Find clarity and hope in her journey of understanding and recovery.

A Crucial New Resource for Mental Health, Read *Beyond the Highs and Lows* by Valerie Bennett-Naquin, M.A.

DC, Washington Aug 4, 2026 (Issuewire.com) - [Beyond the Highs and Lows](#): Understanding Bipolar Disorder and Building a Life That Works—A Comprehensive Bipolar Disorder Guide Now Available on Amazon for Anyone Living with Bipolar, Managing Mania and Depression, or Seeking Bipolar Self Help and Recovery

Renowned behavioral health leader and lived-experience expert transforms 45+ years of clinical expertise and personal bipolar disorder journey into comprehensive guide for understanding bipolar disorder, managing mood disorder symptoms, and achieving sustainable mental health

Beyond the Highs and Lows: Understanding Bipolar Disorder and Building a Life That Works by Valerie Bennett-Naquin, M.A., is now available on Amazon in digital (Kindle) and print formats. This comprehensive bipolar disorder book—a complete bipolar disorder guide and bipolar self help resource—combines personal insight from living with bipolar disorder, clinical understanding of mania and depression, and practical strategies for managing mood swings and mood episodes. Perfect for individuals living with bipolar disorder (both Bipolar I and Bipolar II), family members seeking a family guide bipolar, partners wanting to understand mania and depression, mental health professionals, and educators in behavioral health and psychology fields.

From a renowned behavioral health leader who has dedicated 45+ years to serving individuals struggling with serious mental illness and bipolar disorder, this bipolar disorder book takes an innovative approach to living with bipolar disorder. Rather than portraying bipolar as exclusively a matter of struggle and instability, Bennett-Naquin explores the full duality of bipolar disorder—acknowledging both the profound challenges of mood episodes (mania and depression cycles) and the capacity for creativity, empathy, and intensity that can emerge during elevated mood periods.

"In its gentler moments, bipolar disorder can open doors to creativity, empathy, and intensity that others may never fully touch," Bennett-Naquin writes in her introduction. This balanced perspective on mania, grounded in her own lived experience with bipolar and supported by her professional expertise in behavioral health, offers readers something rare: honest, compassionate, and ultimately hopeful exploration of managing bipolar disorder and building meaningful lives.

Breaking Stigma Around Bipolar Disorder and Mental Health

Bipolar disorder remains among the most misunderstood serious mental illness conditions. Often reduced to stereotypes about mood swings and emotional instability, the reality of living with bipolar disorder—whether Bipolar I or Bipolar II—is far more nuanced. This bipolar disorder book challenges oversimplifications through education rooted in both clinical knowledge and authentic lived experience.

The guide comprehensively addresses bipolar disorder fundamentals: understanding bipolar symptoms (mania, depression, hypomania), recognizing Bipolar I versus Bipolar II manifestations, managing mood swings and mood episodes, addressing bipolar's impact on relationships and family systems, developing coping with bipolar strategies, and building sustainable mental health practices. This bipolar self help book goes beyond symptom management—it explores how understanding mania and depression cycles, when managed through appropriate bipolar treatment and counseling, contributes to meaningful personal growth and resilience.

Living Successfully with Bipolar: A Practical Guide to High-Functioning Living

What distinguishes this bipolar disorder guide is its practical focus on sustainable living with bipolar. Bennett-Naquin draws on her own experience as a high-functioning individual with bipolar disorder—someone who has achieved significant professional accomplishments while managing this serious mental illness. She demonstrates that stability, resilience, and success with bipolar disorder are not only possible but achievable through intentional strategies for managing mood disorder symptoms.

This comprehensive bipolar self help resource provides guidance on:

Understanding bipolar symptoms and recognizing early warning signs of manic episodes and depression cycles | Managing mood swings before escalation and developing personal bipolar treatment plans | Building consistent medication management strategies and treatment adherence | Developing coping strategies for managing bipolar disorder and maintaining mental health routines | Balancing productivity with essential rest while managing mood episodes | Strengthening emotional resilience and psychological health during mood disorder challenges | Improving decision-making during mania and depressive episodes | Navigating relationships and family support while managing bipolar disorder | Understanding the role of therapy, counseling, and professional mental health support | Integrating mental health education with personal wellness practices | Building emotional resilience as foundation for mental wellness and recovery

This is not a quick-fix bipolar self help book. It is comprehensive exploration of what sustainable

recovery from bipolar disorder requires—combining clinical psychological knowledge with wisdom earned through living with bipolar disorder daily.

Expertise Meets Authenticity: Understanding Bipolar from Inside and Out

Valerie Bennett-Naquin's credibility emerges from combining professional accomplishment with personal authenticity. With 45+ years in behavioral health program development, systems of care, trauma-informed practice, and mental health services, she brings deep expertise in how serious mental illness—particularly bipolar disorder—affects individuals, families, and broader systems. She has secured \$250+ million in funding for behavioral health and mental health organizations, including two SAMHSA grants scored first nationally.

Simultaneously, Bennett-Naquin lives with bipolar disorder. She understands mania and depression not as abstract academic concepts but as lived reality—the experience of managing mood swings, navigating bipolar treatment and medication, facing stigma surrounding serious mental illness, maintaining relationships, and building meaningful life despite bipolar's ongoing presence. This combination of clinical expertise and authentic lived experience with bipolar gives this guide its distinctive power and credibility as a true bipolar disorder book written by someone who genuinely understands both the professional and personal dimensions of managing bipolar.

"[Bipolar disorder](#) is not simply a matter of being up and down," she explains. "It is a neurobiological condition affecting mood, energy, thinking, behavior, and the body's internal rhythms in profound, cyclical ways." This clinical understanding, paired with recognition of bipolar's capacity for both challenge and contribution, creates framework honoring full reality of this serious mental illness.

Part of Comprehensive Mental Health and Mental Wellness Literature

Beyond the Highs and Lows reflects Valerie Bennett-Naquin's broader commitment to mental health advocacy and behavioral health education. Her published works address diverse serious mental health conditions and demonstrate dedication to making mental health education and mental wellness accessible:

[Wearing a Coyote Robe: The Duality of Obsessive-Compulsive Disorder — Groundbreaking OCD memoir exploring personal recovery from obsessive-compulsive disorder with lived experience and behavioral health expertise](#)

[Winning Federal Grants: A Step-by-Step Guide Built on \\$250 Million in Successful Awards and Enhanced by AI — Professional guide for behavioral health organizations and nonprofits securing federal funding](#)

[Big Life — Comprehensive autobiography depicting life dedicated to mental health advocacy, behavioral health transformation, and personal resilience](#)

Together, these works create comprehensive mental health library for anyone interested in mental illness, mental health education, behavioral health, psychology, mental wellness, recovery from mood disorders, and personal transformation.

Published by Div Books Publishers

Beyond the Highs and Lows is published by Div Books Publishers (divbooks.com), independent

publishing partner dedicated to authentic voices and transformative mental health resources. Publisher philosophy—"Your Story, Our Experience—The Perfect Recipe to Be the Next Bestseller"—reflects commitment to supporting authors addressing real mental health challenges, serious mental illness, behavioral wellness, and sustainable recovery.

Availability: Bipolar Disorder Book for Every Reader Need

Beyond the Highs and Lows is available now on Amazon in Kindle (digital) and Paperback (print) formats—making it discoverable for readers searching: bipolar disorder book, living with bipolar disorder, bipolar disorder guide, bipolar self help, bipolar recovery, bipolar treatment, managing mood swings, mood disorder support, family guide bipolar, coping with bipolar, mania and depression resources, mental illness recovery, mental health education, and emotional resilience.

This bipolar self help resource is ideal for: Individuals living with bipolar disorder or managing mood episodes | Family members and partners seeking family guide bipolar and understanding mania and depression | Mental health professionals treating bipolar disorder | Therapists and counselors using bipolar resources with clients | Educators teaching mental health education and behavioral health | Healthcare providers treating serious mental illness | Anyone seeking mental health education, emotional resilience building, and mental wellness strategies | Those interested in recovery from bipolar disorder and building sustainable life

Readers can purchase through Valerie Bennett-Naquin's Amazon author page or search bipolar-related keywords: "bipolar disorder book," "living with bipolar disorder," "bipolar recovery," "mood management," "bipolar self help," or "mental illness recovery."

For mental health professionals and educators, institutional copies available for recommending to clients and students as supplementary resource for understanding bipolar disorder, managing mood episodes, mental health recovery, and integrating clinical psychology with personal resilience and lived experience.

"TEN YEARS IN THE DARK. A LIFETIME SAVING OTHERS."

After securing over \$250 million for tribal mental health programs in Alaska, a behavioral health expert shares her own harrowing, hidden battle with Obsessive-Compulsive Disorder.

BEYOND THE HIGHS AND LOWS

Discover a masterclass in resilience. Read Valerie Bennett-Naquin's Powerful Memoir Today.

divbooks.com

"Hope begins the moment we choose understanding over fear."

Beyond the Highs and Lows

Available Now

Published by Div Books Publishers
divbooks.com

FOR IMMEDIATE RELEASE

A Masterful Guide to Understanding, Managing, and Thriving with Bipolar Disorder

Valerie Bennett Naquin's *Beyond the Highs and Lows* arrives globally this July 4th.

BEYOND THE HIGHS AND LOWS

FOR IMMEDIATE RELEASE

Valerie Bennett Naquin Returns with *Beyond the Highs and Lows*

Understanding Bipolar Disorder and Building a Life That Works

A compassionate new guide that combines lived experience, practical strategies, and hope to help readers better understand bipolar disorder and build a meaningful, balanced life.

UNDERSTANDING • RESILIENCE • HOPE

PUBLISHED BY DIV BOOKS PUBLISHERS | LEARN MORE AT DIVBOOKS.COM

Media Contact

DIV BOOK SOLUTION

*****@divbooks.com

05122289429

517 SWANHOLME DR 106 , TN

<http://www.divbooks.com>

Source : DIV BOOK SOLUTION

[See on IssueWire](#)