



# The Minds Search for Meaning: Surviving Bipolar

*Tosha L McCombs*

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# The Minds Search for Meaning: Surviving Bipolar

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**The Minds Search for Meaning: Surviving Bipolar** Tosha L McCombs

This book is a memoir of my experiences with bipolar disorder, and how I learned to cope and find treatment. It also talks about my journey and struggle through mental illness, and what I learned and felt along the way. It is meant for those seeking to better understand mental illness. More importantly it is meant for those who are struggling with mental illness, to whatever degree of severity, to provide hope and insight for them. Or for family members or friends of those suffering with any form of mental illness so that they can better understand mental illness, and have ideas of how to help their loved ones.

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