

**“Here’s What People Are
Saying about
David Oliver and His
Information on
Bipolar Disorder”**

Bio of David Oliver

My name is David Oliver. Like you, I'm all too aware of the devastation that bipolar disorder can cause in a family. How do I know? Because my mother has been suffering from bipolar disorder for much of her life. My family made many mistakes in the way that we handled my mother's problem until I decided to do something about it and find a way to help my mother and the millions of other individuals and families who live with bipolar disorder.

To understand what I've done and what I'm still trying to accomplish, I need to provide you with some background information about my family and me. As I stated earlier, my mother has had bipolar disorder for most of her life. As I was growing up, I remember witnessing some of her depressive and manic episodes. My family didn't talk about them or the disorder. Instead, we pretended nothing was wrong and left my mother with the responsibility of finding help on her own. That was one of the biggest mistakes my family made.

Now let's fast-forward to May of 2003. I began noticing that my mother seemed to be angry a lot. She also stopped sleeping normally and started spending more time by herself. When I talked to her, I realized she was also becoming increasingly paranoid. For example, I asked her, "How's the lawn doing?" and she immediately assumed that I was saying the lawn looked horrible and needed to be completely redone. These, of course, are all signs of a bipolar episode, but none of my family members did anything about them. We expected things to get better on their own. But they didn't.

By November, she was worse. She'd been visiting my brother at his house, and they'd gotten into a heated conflict. Her symptoms were becoming worse, but we still just assumed everything would work itself out.

A month later, my mother wasn't sleeping or eating. She refused to leave her room, and we began to realize something needed to be done. The problem was we had no clue about what to do. She was already in a full-blown bipolar episode, but not even my father understood what steps to take in order to help my mother.

In January of 2004, things escalated even further. She was yelling at me three times a day and saying hurtful things like, "I don't even want you to be my son anymore." I decided she needed to go to the hospital, but she refused. She claimed her support network didn't think she needed to go to the hospital, but I found out that wasn't true. I reasoned and argued with her, but nothing worked! Finally, I stumbled on an approach that did work, and I convinced her to go to the hospital after two hours of trying.

After I'd gotten her to agree to go to the hospital, my father and I realized that we didn't even know which hospital she needed to go to or even who her doctor was! We

searched through the house and finally found the doctor's business card. My dad called him, then he and my mother went to the hospital.

I didn't go with them. I was too emotionally and physically exhausted at that point from trying to help my mother deal with a disorder that I didn't even understand. That's when I realized that we should have understood it, especially since my brother and I had been dealing with the problem for our entire lives.

At that moment, I decided to find out as much as I could about bipolar disorder, so that I could educate myself and so that I could more effectively help my mother. I stopped first at the library and asked the librarian for books on manic depression, which is what my father had always called my mother's problem. The librarian informed me that the problem was now called "bipolar disorder." That showed me just how out of the loop my family was. We'd been dealing with the problem for years and didn't even realize that the terminology had changed!

Anyway, to make a long story short, I made learning about bipolar disorder a top priority. I took off from work for nine months so that I could devote myself entirely to my research. I talked to dozens of medical professionals, attended support groups, read almost every book available, and did everything possible to find out more about bipolar disorder.

After those nine months were over, I was able to use that information to help get my mother on the right track and to start putting a plan together that would make it easier for us to deal with future episodes when they occurred. All my hard work paid off. Look at the differences in my mom's life *before* I did my research and *after*...

Mom Before System

- Bad doctor
- No therapist
- Medicine not working
- Didn't admit she had a disorder
- Massive debt
- Threatening debt collectors
- Lost 15 jobs in 10 years
- No plan if she gets sick
- Little cooperation

Mom Today with System in Place

- Great doctor
- Great therapist
- Medicine working
- Admits she has the disorder
- Debt under control
- NO debt collection calls
- Great job waiting for her when she is 100%
- Detailed plan if she gets sick again
- Full cooperation

While I was glad to have helped my mother, I had also realized during my research that there simply were no books available to help the supporters of people with bipolar disorder. I'd also learned from firsthand experience that a book like that was desperately needed.

To fill that need, I put together all of my research and developed a “course” just for bipolar supporters, which would give supporters the tools we needed to effectively help the people we love. As I talked to more and more people who had bipolar disorder or who were supporting someone who did, I learned about other information needed both by survivors of bipolar disorder and their supporters. For example, they needed to learn how to restore their credit, reduce their debt, buy a car, buy a house, and find a good doctor or therapist. In response to those questions, I began to build this website, so that it included more and more of the information people needed to cope with bipolar disorder themselves or support a loved one with bipolar disorder.

As you can see, my site has grown to include a lot of helpful information. Today my organization is not only the biggest site online related to bipolar disorder, but also the fastest growing. If you type the word *bipolar* into your Google.com search engine, my site is returned as one of the top sites. And there’s a good reason for that: My materials include more than 2000 pages of information based on reality and real-life experiences—not just theory. With some 11 people on staff who have a mental illness and are successful in life, my organization is well equipped to provide you with the quality information you need to cope with bipolar disorder yourself or to support a loved one who has it.

My sincere hope is that my programs and website will continue to help people learn about bipolar disorder quickly, so that they don’t spend decades in the dark like my family did. I want them to be able to use what I’ve learned to make their own lives better for themselves and their loved ones with bipolar disorder, just as I was able to do with my family. I want other people to use my research to get the same positive results with their loved ones as I achieved with my mom.

And as you can see from the following pages, this is *exactly* what’s happening...

“Here’s What People Are Saying about David Oliver and His Information on Bipolar Disorder”

Your source of information helped a lot in the diagnosis of my disease, further more it helps me to gain knowledge which otherwise I wouldn't know where to find.

-Ilona, Hungary

I sure would [recommend it]... Some things you have said has really made me think.

-Miriam Jett

I have found the material you send out to be extremely helpful for me in understanding my daughter. My daughter was bipolar for years before she was diagnosed and even after she was diagnosed she was difficult to deal with at times. The information you have provided has been the most helpful and useful of any I have found. Keep up the good work! I would definitely recommend your information, not only people trying to deal with this disorder, but the people in this person's life to help them understand what dealing with bipolar is all about.

-Annette

I am bipolar myself, and your course has helped me in the sense that I know I'm not alone, and it has given me a few tips for how to deal with my everyday life. The most important lesson, however, is that you're teaching us not to give up, but to come up with solutions. I appreciate that. Keep up your good work.

-Ina, Norway

Currently, I am in a crisis with my bipolar sister and it is a comfort to be able to go to a place where other people are experiencing what I am and to see how you or they dealt with similar issues with their loved one who is bipolar. It helps me realize that I can make it thru this instead of feeling overwhelmed and like it is going to drive me crazy. I have already told several other people about your website and the information you provide. I think you are honest, compassionate, intelligent, dedicated and committed.

-Jeanett

I am dealing with a girl with Bi-Polar. It is so hard to deal with her...and by reading your material, I realize that I am not alone...Yes, I recommend your information. You have dealt with this in real life, plus researched and studied it thoroughly...You know exactly how it feels by your experience in real life. By reading your material, and all the research you have done, proves you do care and only want to help people in the same situations. I commend you for all your time and effort put forth.

-Rebecca

David, Your emails have given me the courage to continue my life, while dealing with my 9 year old son, who was recently diagnosed with Bipolar... with your encouraging words, it all seems a little easier...I have already recommended the site to my Aunt, who also has a bipolar son.

-Ashley

Dear David,

...I am a social worker and your emails continue to provide me with a wealth of knowledge that I otherwise would not have the privelege of having access to so easily. It has been a great help to me and all of my clients with Bipolar Disorder. If people really want help then all information will be found helpful. Please keep sending me your valuable information and...Thank you for your hard work...I would recommend your information to others without hesitation.

-Cindy P., LMSW

The informations I've received have helped me a lot for I mysef am a bpolar. Just knowing you're not alone, there are other people facing the very same circumstances and are succeeding give you hope that I can succeed too and help others... I recommend the information on Bipolar for the lack of Knowlege has caused too much sufering when simple actions could help handle the situation. Thank you very much

-Maria, Brazil

i think this material has been very helpful for me and my clients. It gave me a lot of knowlege on specific things. i really appreciated. ... hope to continue recieving the messages...I really would recommend this valuable information to others.... it will help you because this information sometimes is complicated to find it in one source.....it is very knowlegeble

-Leidy

Dave;

I read your letters everyday that I receive them. It helps me in ways that only I would know. Sometimes I feel that I am all alone with and adult daughter with Bipolar. Some days I just wish I could pick up a phone and talk with someone that would understand, but I always have your e-mails. So, Thank you very much on the links and info. Keep up the good work and God Bless you.

-Tammy

It has given me a look into something I knew nothing about. The info in your course is wonderful and it is helping me ask all the right question when we go to the doctor...I have a child that came to live with me and didnt know a thing about why her life was such a mess. I know that I just needed to help her. After reading your mini course it has given me hope and direction... Keep the letters coming.. I think your great and...truly appreciate your letters. Thank You!

-Constance

you have inlightened me on all the different aspects of bipolarism i didn't know any thing really until i stared reading your letters. i have sent them on to several people that are bipolar or have a bipolar child. i have even given it to the counseling group that i see...so yes I enjoy your letters you have helped me alot and thank you very much i save all of your letters

-NEESA

Your information has helped me to understand what Bipolar Disorder is all about...continue to read your e-mails and hope that I can help my daughter (she's 19) who seems to feel that there is nothing to live for in this world...I would gladly reccomend your info to other people interested because it helps us to know what we are dealing with and how to handle situations.

-Elizabeth, Trinidad-Tobago

The emails have helped me tremendously. It has given my hope that no one else has been able to give me...I would recommend the bipolar information to others. The information is not a cure, but it gives you hope and ideas of how to approach dealing with or helping others deal with someone with bipolar. Before receiving this information I felt completely hopeless. thanks for all your research.

-Leslie

I am totally over awed at the info I have received so far and the fact that this is your free mini course.

-Kirsty, United Kingdom

I've only started receiving information in the last 2 months....and it is to help my son who is 18. there is a lot of information to absorb, but what I've read so far has helped. At this point, any and all information is helpful and I was glad to find your website...It is so great to have a lot of information on one website from someone who is living with a person who has bipolar disease and not just from people who study it for a living. thank you.

-Cyndi

...I have found the information I was able to access very helpful! I have a son recently diagnosed as Bipolar and knew nothing at all about this and found the information that I could access very helpful... I would definitely recommend your materials to anyone who has encountered this condition in any way as it really gives you a complete overview of the condition.

-Sue

Your information continually lets me know I am on the right track. I appreciate the e mails... I would have found that to be a blessing had I found you earlier.

-Donna

My daughter is bipolar, and has gone many years undiagnosed. In 2004, we went and rescued her and the grandchildren from a domestic situation. The rest is a very long story of bizarre behavior, drug use, and finally abandonment of her 3 children...I bought a few copies on bipolar from your website, and shared them with the childrens therapist. She found this info to be quite helpful and will share it with her bipolar patients.

-Lois

I purchased your Bipolar Course for Children a short time ago. Although I haven't gotten through all of the information, yet, I feel it will be a tremendous help. You see, my daughter is 17 years old and has been diagnosed with Bipolar disorder. She plans to go away to school in the fall. Using your course, I am creating a plan to make this dream for my daughter possible. Please don't stop sending your emails. I read every single one of them.

-Kerry

...I actually only receive the newsletters.It has helped me cope with my son's bipolar. He is only 7 and I had to hospitalize him. He is home now and doing remarkably better. I have learned from reading the newsletter that I do have the strength and am able to help my son. I have already recommended this information to my family members as my niece is showing symptoms of the disorder too.

-joleen

There have been some really good points that you have sent. Some of them...have been really helpful. You have said some things that really made sense but that I had never thought about before. I think that there are a lot of other people that could benefit from your information.

-Laura

It has helped me... reading all of your notes, I think that the one that has bipolar disorder is my husband...I would recommend your course no question about it.

-Maira

...I have learned more about bipolar from you than from my doctor. I see him once a month but with you i get information almost everyday and it has helped me so much...I save all the information you send so i can review it over and over. Its such a blessing to get information from a person who knows what he is talking about.

He understands perfectly what we are going through because he experienced this condition everyday. Although he is no bipolar, his mother is, so he lived it through his mother. The information he collected helps people who are going through this condition to understand and learn more about it.

-Myrta

...I receive and read all your bulletins...I think it's common for a bipolar-supporter to feel very alone and isolated...Finding resources online was my first relief. I am currently reading through your new encyclopedia, which is a great piece of work. Everything is nicely summarized and comprehensible...you are doing great work and helping people...

David is dedicated to helping you understand and deal with bipolar disorder, and is tireless in his efforts. You can only benefit from the information he provides.

-Todd Z.

I finally understand! I'm not alone anymore and my frustration, hurt, fear has turned to patience, positive boundary setting and acceptance but with tons of HOPE for the future for my daughters, ages 7 and 18, who suffer from bipolar disorder...David Oliver provides a wealth of information and straight talk... please don't pass this opportunity up...it's truly a support for you and the person suffering from Bipolar Disorder and/or Borderline Personality Disorder.

-Sydney Reynolds

well, it has given me questions to think about. It has brought me from knowing nothing about it to, realizing that I need to seek help.

-Heather

It has given me basic, foundational, definition of bipolar disorder. I am a registered nurse, and am familiar with depression my-self. My step daughter is struggling with either depression or bipolar disorder. Your site helped my husband and I to go ahead and get her counseling and medical help. Your site has been a reference for me. I have told others about the site... I use your site as a resource and reference to other professionals.

-Kelly

The amterial I recieve from you is helpful. So much to the point that it has changed my perspective as far as what raising a Bi-polar teen means...your material allows me to raise my son, not just someone who has bi-polar.

If you have Bi-polar or you care for someone with Bi-polar, this material should be a part of your everyday life or you may not be able to be the foundation you need to be for a stable life to survive on.

-Christine

Your material on bipolar disorder has helped me tremendously, you have given me a lot of information to work with. Without your positive attitude towards this illness, I would have thought that a person who lives with bipolar would have been helpless. I've learned otherwise. You're helping so many people, please continue this good work of yours!!...I definitely would recommend your information on Bipolar to others, you have a lot of useful information and resources that people could use.

-Maria

Your material has helped me understand what my grandson is going through...thanks to you, I am coping...I know I am not alone thanks to your material. We need all the information available.

-Sandy

Your materials had helped us a lot in understanding what our child is going trough. It helped my wife and myself to make adjustments in our life with a bipolar child. It has been tough but everytime we read you materials we feel beter to know that there are still people around like you that cares for others. We appreciate you a lot...I certainly would recommend it, because being a parent of a bipolar child is hard and we need what ever help or information we can get.

-Alvin

My grandson(which I am raising) and I are both Bi-polar. I feel you have been a God-send to my family. All of your e-mails have been a help to us... Hats off to you David and keep up the good work. If you are bipolar or have a loved one that is I would highly recommend all of David's info.. His info has been a great help to us...

-Alice

Your information has given me new insight into my son's disorder. I already knew a lot of the info, but the refresher really helped me to refocus on how to help him...It's really been a needed boost to have the info you have sent me...Especially for those who are new or unfamiliar to this disorder, this info is extremely valuable. Very few sites out there can offer the personal experiences of living with a person with bipolar disorder. In my experience, the most helpful people are not doctors or therapist when it comes to providing critical support to the family...[it] has come from someone who has walked in my shoes and shares some of the same experiences.

-Nikki Carroll, TX

I think you're doing a wonderful job on giving information to people who don't understand this illness. My son was recently diagnosed with bipolar 2, you had information for me at a time when I was confused about what it means and how to help him. keep up the good work! This sight is a wonderful source of information! When you find out you or a family member have bipolar disorder, it gives alot of insight on ways to deal with this disorder.

-Lori, OR

I am a 47 yr. old single mother with Bipolar. I know how difficult it is. I am trying to raisemy 11 yr. old son with who also has Bipolar, ODD, & ADHD. [Your site] is very helpful in explaining just what Bipolar is. You give lots of information that is helpful for someone that has no cue.

-Susan L., OH

THE E-MAILS FROM YOU ON THE BIPOLAR DISORDER HAS KEPT MY HUSBAND & I GOING STRONG BECAUSE WE FEEL LIKE WE ARE NOT ALONE ANYMORE...[WE] REALLY FELT ALONE TILL READING YOUR INFORMATION...THANK YOU AGAIN.

-Robert & Sherry Litton, PA

i have read your materials that u have emailed me and it has helped me and my son, and he's dad a lot to understand what our son is goin through...I would recommend this to anyone who is struging with there loved ones

-joy coker, NC

I find the material very insightful and I apply it daily in aiding and supporting me with my child...I will and have recommended it to many of my friends. I think you are doing a great job and helping lots of people with the needed information to make an informed decision.

-Elaine Greeff, South Africa

i look forward to receiving your e-mails...most at least give me ideas and ALL reassure me im not alone with this problem,i am a single mum and the one thing that has almost crushed me over the yrs is the thought i was alone in this...I have put my mother onto your e-mails and she in turn tells her friends

-Joanne, Australia

Your articles are very helpful to me...Your information is helping me to be more equipped when I go to my "meetings". Your information is also helping me to understand my son better as well...I have sent others to your site whom have contacted me about getting their child help. I would recommend your site to anyone.....as the more information you can get the better!

-Cathy DeMars, Canada

I work with an organization called Family Bridges. We connect individuals with various disorders to services. I began searching the internet trying to better educate myself on Bipolar Disorder to help a family I work with and was amazed at your website. It has come in handy on several occasions. I have been a volunteer for over 30 years, just helping people with disorders...I do appreciate all of your hard work - because I know how time consuming and expensive this is. Thanks for helping me to help others. I have copied the material and personally handed it to the ones I thought it would help...some have gladly checked out your website, especially the professionals.

-Judy Davis, MO

I've found your info very helpful...I would recommend your info as a tool for parents who are having issues with their childs behavior.

-Jen, IL

We adopted our son at the age of 22 months. Little did we know that he had a large family history of bipolar disorder. He is now 14 years old. He was finally diagnosed about the age of 12...I have used several of the tips on handling episodes from your information and have had some improved results...I wish I had had your program a few years ago, so we would not have 'wasted' so much time coming to terms with the illness.

...I appreciated the reassurance... Thankyou for your efforts on behalf of we exhausted bipolar supporters. I have recommended the program to several friends who are struggling in their role as supporters of loved ones with bipolar disorder. I found your information to be comforting and complete.

-Lyndell, OH

I wrote a mid-term paper using the information given in your articles. I received an A for my work. My mother also has bipolar disorder and you have helped me to understand her better as well as her disorder. I referred a friend to your site.

-terri, CA

I found the information to be helpful and filled in the gaps of knowledge that I was missing...The site add confirmation that I am doing the right thing and that I am making good decisions. I want to thank you for all of the information on the disease process both the frustrating part and the encouragement that a person can succeed in life. I always know that if a question comes up that I have to deal with, I can usually find the answers on your site.

-Jean, FL

I am new to this and just started to search for information...Thank you for all your efforts and sharing about your own experiences....Thank you for all the hard work and time you put into this.

-Carolyn, KY

I would recommend this information to anyone dealing with bipolar...I really do appreciate all of your hard work with the information that you are sending me. I for one really do appreciate thanks.

-Carol, Great Britain

I really do appreciate all of your hard work with the information that you are sending me. I for one really do appreciate thanks again.

-LaTonya, AL

Your information has helped me. I took the list of symptoms and I realized i may be borderline bipolar. I have been reading your mail as a guide to dealing with other people that I know are bipolar...YES you have been helpful!!

-Tenna, ID

I have a cousin with bipolar disorder...Your articles are helping to educate me on bipolar disorder...I would like to be a member of her support team and your emails are helping me reach that goal. Thank you so very much for entrusting your story with your mom plus all your helpful emails...I recommend it to anyone I know who has the disorder or to anyone who is being affected by a loved one with it.

-Max Kohn, IL

It was helpful...Yes i would recommend because it helped me with acceptance only and in tackling and taking charge of the disease.

-Prude, South Africa

Your information enlightens me to many things I do not know about Bipolar Disorder. I and my handicapped daughter and oldest daughter all have this Disorder and I actually look forward to anything I can find out about it... Your articles have also helped with information on how to help if one of them went into an episode...I know when one is in a crisis situation, it is very hard to think what to do, where to go for help and how to help the situation. However, your articles are a great source for this and by reading and knowing the information, it helps when everything else seems out of control! I appreciate all the information...

-Maret, ME

Yes, I would definitely recommend your information to friends and family and already have, in fact. You keep things in perspective and write in an understandable, easy-to-read format. The concrete suggestions and plans of action that you present help to keep one calm and moving on to the next step.

-Gayle, UT

I am a bipolar supporter. My boyfriend suffers from bipolar disorder and has been on medication for about 20 years...I started researching, and found your website. I printed and read everything you sent. Then one day when he was having an exceptionally bad time, saying no one understood what he went through... I went and got the rather large stack of papers I had collected and started reading bits and pieces that directly described him, his symptoms and moods. It really got his attention...Thanks to your hard work and my determination, he has something he has never had, someone who understands without judging.

If you have bipolar or you know someone who does, I highly recommend getting your hands on anything David Oliver has out there. He has helped to salvage my relationship with a man who has suffered with bipolar alone for 20 years, and also shown that same man that someone can understand what he goes through. He is not the only one with this problem.

-Joanne, SC

It has helped me and my daughter who is Bipolar. Oliver gives a realist report. Down to earth...with common sense.

-Roy, NV

I find your information to be very helpful. I have two grandsons with bipolar...Your material has given me great insight and very useful information and a better understanding of the behaviors with someone with bipolar. If anyone is dealing with someone they love or friend it would be to your advantage to read and know what you can to understand how to help them.

-Shirley Crockett, DE

It really helps just to hear on a daily basis from someone who is going through all the same stuff I am—and winning the battle 99% of the time! I recommend your information to others. It comes from a real person dealing with real issues who has taken the time and energy to compile excellent information and strategies in order to help those in the same situation.

–Jeri, OH

Hello, David my mother has bipolar just like your mom...[who] just had a major episode in March, that's when I decided to look up info myself on the disease, I came across you... I may say the daily emails have helped me a lot... I would recommend your info because a lot of people do not understand Bipolar, they don't deal with it because they do not know how to deal with it.

–Zakiyyah, TX

It has helped me to understand the process and how important it is to stay on top of things...I wish I had this information about 10 years ago. I have recommended your material to people that I think could use it

–Carol, WA

It definitely did help during my husband's episode and during the recovery from that. I know he is not "healed" and that we will have to live with the illness so I do read the articles from time to time...I would definitely recommend your information.

–Anne, Ireland

Hi, I very much appreciate your info. I believe I've learned a lot...I read your help daily.

–Tim, AZ

I have learned a lot about the disorder and about me. I love the program.

–DeAnn Halverson, AK

My grandson was recently diagnosed with Bipolar Disorder. Until then, I had some knowledge of the term, but didn't really know what this disorder was until I started looking it up on the internet and came across your website. Now I realize that all of the years of dealing with ADHD, he had bipolar disorder...The material has helped us to, at least, identify some of the problems...Thank you so much for the very informative articles that you write. They have helped my family to know the problem we are dealing with in bipolar disorder. I would recommend David Oliver's courses on supporting bipolar disorder to anyone who is the supporter of a child or teen with this disorder.

–Dorothy G., TX

I REALLY THINK YOUR NEWSLETTER IS VERY USEFUL FOR ANYONE WHO HAS TO LIVE WITH A PERSON WITH BIPOLAR DISORDER. THIS IS A PRIVATE DISORDER YOU HAS TO LEARN HOW TO OUTLIVE THIS TRAGEDY. YOUR RECOMMENDATIONS AND PERSONAL EXPERIENCES ARE IMPORTANT TO ALL OF US, WHO ARE AT THE OTHER END OF THE POLE.

–Juan, Panama

It has made me feel I am not alone in supporting someone with a bipolar disorder, which can also be overwhelming at times. You also make me laugh as you recount your trials in dealing with situations yourself. While I am familiar with a lot of the information you provide, I love reading about “you’re in the trenches” experiences. I really appreciate all the time and effort you put into sharing what you have learned with others like myself.

I am a disability examiner for Social Security, and read medical records all day long and many on people with bipolar disorder and I have never come across anything you have said that was not true. You are doing a great job and providing an incredible service. I have learned that when we feel are making the least difference in a cause, if we persist, that is often the times we are making the greatest difference. So, please, David. don’t quit! I have recommended this site to others already for the reasons I cited above.

–Pat, SC

I have skimmed through your emails...I am glad there is some one out there, who takes the time to help others. Your info inspired me to see my partners Doctor, and tell him of my initial concerns, it gave me great relief that someone else now knows and will watch over him with qualified observation...If it wasn't for you David, I probably wouldn't have done it. My motto in life is to always make educated choices. Be grateful David has spent the time to put this information 'out there'

–Marian, Australia

It has helped me by showing me that there is no reason that I can't succeed just because I have bipolar disorder. I like that having access to the latest news about my condition too. Keep up the good work! If you want to own your condition and understand it, stick with David Oliver...he's definitely one of the good guys!

–Mikki, MO

i just like to read it cuz i to have manic bioplar depression with panic attacks and sometimes i see new imformation that i can take to my doctors... keep up the good work...yes, I would [recommend] some of my friends are trying to understand my illness and i try and explain to them and also look things up on-line for them.

-Lynda, NV

It has given me hope since I realized just recently that that has been my husband for 35 years. I am setting in motion this week a plan to get him help...Without your website and material I purchased I think I would be over the edge. This was a godsend to me.

-Beverly, PA

It helps alot. I have a friend that is bi-polar. She ended up having shock treatments and is now doing much better. I read the daily emails as well as the comments of other readers to see how they dealt with their situations. It's nice to know that others people are seeking help for dealing with this thing. It's not easy at all.

-Renee Hamilton, MO

Hey, David, you are doing a lot of help! You are doing what God put you on earth to do and don't let anyone say any differently! I got a lot of info from you for my research paper. God Bless you and yours! And keep up the good work.

-Gwenn, IL

My 20 year old on was diagnosed with Bi-polar at the end of Oct 2006 when he became suicidal...So any information that I can read, hear, talk with someone about that can help all of us move forward in a positive way is worth the time for each of us. (you for writing and sending the newsletters and us for reading and learning from them) I heard about you and your info from a friend that is also a bi-polar person that speaks very highly of you and the help she has received from you and your information. Please keep doing what you have. I am learning from the info you are sending out and want to continue to learn to be able to help my entire family. :)

-Shelly, OH

Your material helps me every day, i look forward to it and my day is better for it. thank you dave you are wonderfull and i love you for all you do. i feel for your struggles.. i have 2 words for you, STRENGTH AND COURAGE.

-Annie

I just wanted you to know that your e-mails have helped me as a supporter of a loved one in the way of showing my "wasted time" on figuring why something is being said or happening. This has reduced my stress level...Your e-mails are quick to read...and to be able to get the help quickly when something arises. I think that they are a great help. Keep up the good work. I would recommend the materials offered by David even if it is only the mini courses. It has helped me know the correct things to even ask the Dr's at the appointments and what to look for. Every little bit of support helps!

-Claire, AZ

I don't know if you would really call me a success story yet but I do know that with everything in my life falling apart right now, your newsletter has given me the strength and the tools NOT to go down that dark road I traveled last year-I tried to commit suicide...these newsletters and lessons have helped me cope a lot better. For once it's like someone is inside my head and they understand what I feel and what this disease does to you...I would recommend everyone who has bi-polar or knows someone who is to sign up for these. I know all my friends have a better understanding of what is wrong and how to help because of this newsletter!

-Suzanne, NY

Dear David: Keep up the good work! I have a loved one with bipolar which took years to diagnose and I read each email you send. You're teaching me about this disorder and I am better for it. Thank you! I already recommended to my siblings and our loved one who has the disorder. I print them and share with her, her children and her husband. I recommend it wholeheartedly!

-Eva

It has been clarifying and adding to what I already knew about it. Yes, I would recommend it to those who have limited knowledge of the condition, and are dealing with friends or family that have it.

-Linda

what u have sent me has helped me out.i live alone and have very little support...i was looking for material on bilpolor online when i found your articles.i still have everything u have sent me to date and reread them as i feel the need,i know i will never be "normal"by a long shot....but i do the best i can to cope with a disorder with the faith that the next day will be better. i would tell people to look at what is sent to me....it is helpfull and does bring facts to light i might have missed otherwise.

-roxy. IL

...I found a lot of useful information in your emails...I started getting your course because I thought I could help her [my sister] and mom understand that she needed her and I was willing to help her...If you have someone you care about with bipolar disease, and is willing to receive help, please subscribe to David's course it will give you great insights into the world of a bipolar person. He has been there, done that. He knows of what he speaks. No one can cure them but you will be able to better understand what, why, and how.

-Mabel, CA

Dave, a lot of the information you send me in the e-mails I receive is very helpful. I have a son with Bipolar and it's helped me not allow him to manipulate me...I am learning how to say "no" and not accept his excuses and whining, temper tantrums, etc. to make me change my mind. Thanks! I would definitely recommend your daily e-mails to someone who has Bipolar or is living with or dealing with someone who has it.

-Terri, NV

I have gotten a new perspective on this illness from your emails...it has been really helpful to me. My eyes have been opened to a lot of things involving my daughter's illness...your mini courses are extremely helpful. don't stop the good work.

-Lynell, LA

It has helped me see that what I was doing and feeling wasn't just a stupid "act" like my family said or poor judgment like the courts called it, that it is a result of this disease. It also helped me show my 2 adult daughters what happens as a result of the disease, that is genetic, even though they didn't believe that, that there is a lot more to bipolar than just up and down moods. I would highly recommend your sight to others. In fact, I suggested to a man that teaches psychology that he should check it out and have printed some of the information and shared it with him. My whole family needs to read it!

-Penni, MI

I like reading the material you send. I went thru a medical counselor not so long ago, and the first thing the counselor said was that I was bipolar, and show me the levels of what they call bipolar anyways I have been enjoying your articles and have been learning from them, thank you.

-Yuri, TX

Your related material on Bi-polar has really helped me understand the disorder better. I to have been told that I have this disorder as well as my youngest son. Please continue to help me to help him as well as myself and others...I would and have told others about your web site on Bi-polar

-Denise, NC

I have not been a subscriber for very long. My daughter is bipolar and I have supported her all her life. I read your letter about taking yourself out of the situation. That has helped me tremendously. Not only have you helped me with your advice– I no longer feel alone...I would definitely advise anyone to read Dave's letters. Not only are they very informative they are supportive. Dave is not out there for the money. It shows. The time and dedication he gives is unbelievable. Every day I log on, I know my friend Dave is there. You can feel the emotion in his letters. He has been there and done that. He knows from experienc. It is not a textbook understanding. Not all of our loved ones with bipolar have read the book. They are not lab studies that can be fixed by a certain chemical or formula. Dave cares.

–Susan, FL

your material has definitely helped myself and my husband. we are new to all of this and it is soothing to know i am not the only one who acts the way i do and your information for the ones who are supporters has gotten my husband involved and even able to say the words my wife has a mental illness...i think everyone should read your story it makes the person with bipolar see through others eyes...

–Ronalda, IA

It has made me see how many of my friends actually have bi polar disorder. I myself have it I just havent been diagnosed cause I cant get my doctor to hear me. And so if it werent for your emails I believe things would be alot (and I mean alot) worse for everyone. Its bad enough. So keep up the good work David! I would tell [people] that you have alot of positive things to say about this disease. And you explain on how to handle situations that come from having bipolar disorder. I would most definatley recommend you to them.

–Danna, CA

I think it is informative. My husband suffers from Bipolar Disorder, so this information was very useful to me. I hope you continue to send out this information. I would recommend this information to anyone who suffers from this disorder, and their loved ones. It's not just the individual who has to deal with this disorder, it's everyone they come into contact with: family, friends, co-workers, and anyone else they deal with.

–Valerie, ND

The information has been very helpful to me as a supporter of my wife. It is still a little early to tell if the information and techniques will help me and my wife. I ordered the supporters course and have gone through almost all the material. My wife is just getting over a manic episode and is starting to trust me again and taking her medication. knowing more about the disorder and that I am not alone has been very comforting.

Give Dave a chance and consider the information he gives. Do not expect a quick fix and do not expect to not have to put in some hard work for your loved one. So far the information Dave has given me has been very helpful and I look forward to his daily e-mails.

-Stephen, WA

Yes,your information has helped me. My boyfriend is bipolar and I find myself checking my email not for friends emails but for emails from you,so if and when something comes up with him I can look at your emails to get any ideas on how to help him/me deal with an episode and get through it.

Lpke Dave says, he is nit giving medical/legal advice. He is just someone who has lived with someone who is bipolar and sought out information to help that person and other who are supporting someone with bipolar disorder.

-Karen, CA

It has helped me tremendously to understand what bipolar disorder is.

-EDDIE, United Kingdom

Yes, it has helped me to better understand the turmoil that my mom went through and believe it would help many others to understand. I think many people would benefit from the information, because so many are suffering from this disorder.

-Valerie, KY

I think that your information is for help if we learn how to use your information..

-Jorge, Colombia

It's helped to relazie and start to understand what has been happening to my daughter...I do think that people need to be aware of what happens to their friend or loved one when they are bipolar and steps and ways we need to know to be able to cope.

-Gloria, MN

...i think the best part of your letter is that people are not alone.

-justine, NV

I originally looked at your e-mail when my wife went into the hospital. Your letters helped see what I was doing right&wrong. You do all that is in your heart!

-david, PA

Gained important ifromation from you which is helping a bi-polar friend. Keep up the good work. There are many bi-polar people who are desperately searching for information on this subject.

-Edward. TX

Yes it has helped me a great deal. In fact because of the information I have had the motivation to go back and get my nursing degree and do some other changes to better my life. The only thing that upsets me that I didnt get this information sooner in my life...This information has been so great and compelling as well. I am so glad that i have found the information and even though I found it alittle too late as I lost the love of my life due to my behavior...but maybe this information would of helped....This information is wonderful.

-Kimberly Rowe, PA

Your material has helped me have a better understanding of what Bipolar really is. I don't personally have it, however my mother does. We've always had a strange relationship, largely because she's very misunderstood by the rest of the family. Your material is putting things in prospective for me, and I hope that I'll be able to apply what I learned to repairing the relationship with my mom. Disorder affects everyone, and until we all truly understand what it is, we can't help ourselves or our loved ones. If you or someone you love has Bipolar Disorder, I highly recommend you subscribe to David Olivers material. You'll be thankful you did, I know I am.

-Stephanie, ND

I am a R.N. with a minor in psych. My daughter, who is 34 yrs. old, was diagnosed with Bi-Polar 1 several years ago... She lost custody of her children, lost her car, her job, she's been in jail 4 times now. She says that she's not the crazy one, It's everybody else! I have tried to find a way to get her some help. The next thing she will be homeless. She has lied to me, stole me blind, physically abused me as well as mentally. She can't live with me anymore and I refuse to pay for her upkeep although I will try to see that she has a dry place to sleep and something to eat. I love her, but I can't let her destroy me financially as well a mentally. I knew the definition of Bi-polar. My term paper in nursing psych was on bi-polar disorder. What I needed to know was how to handle a person that was bi-polar. Your material has helped me a great deal. I recommend David's information for all people who a dealing with a bi-polar loved one, and I hope that I will be able to get my daughter to see that she does have a problem and can teach her to deal with it. My dream is to see her in a healthy and productive life.

-Sandra Baker, LA

Our daughter (31 years old) is bipolar and getting more difficult as she gets older. Your information has helped us a lot and frankly I copy it all into a computer file so I can easily re-read it again and again...If people are like us and need help, I would certainly recommend your information.

-Annette, MO

For one, I no longer call my brother bipolar – instead, he has bipolar. It also helped me recognize a few signs of bipolar behavior in myself – something about which I was always suspicious but not sure because I didn't have the extremes experienced by my brother. I would highly recommend your information to anyone, even those with just the slightest interest. Your information is clear, easy to relate to, and easy to understand.

-Carol, IL

You have helped me greatly. The psychiatrist told me I had bipolar disorder... I was shocked and didn't know what it was. I am so glad that you followed your gut and started this material...I read your emails daily and hope to find more clues to help myself. I have already shared your information with several people other than family. I have a son that is manic...I just feed your information to the right pipeline and get the job started on that end.

-Barbara, MT

It helps in a way...You were the one who put set me up to do it and finally go back into therapie...For years I been in denyle about my this me beeingbipolar... because of Dave I have learned more about myself...because of Dave I started to look at bipolar diferently not so much as an illness...AND THAT'S VERY IMPORTANT..BUT MOST OF ALL HE UNSTANDS...HE LIVE'D IT. And he is the person , and I thank him for that, who made me deceide to put every once of energy into my perticulair case...

-Joanna Pluymaeckers, Netherlands

I had a fellow nurse print off a page & give it to me from this site . It had to do with releasing people who didn't really want to understand bipolar disorder...Don't stop trying to educate people on this disorder please. The field of nursing I am in we deal with alot of bipoar & borderline personality disorder & I have printed off several articles & e-mails that I have recieved to use in patient education. Keep up the good work!!!...I would definitely recommend this information to those who are newly diagnosed or have suspected something has been off for quite a few years & has no idea where to go from here.

-Michelle, TX

It has been very encouraging and informative...To be able to get information on the subject of manic depression all at one website is invaluable. Reading your story was very encouraging to me. I have memories from the last two years that I could tell that are very similar. To have at least one other person that has gone through similar experiences helps.

-Tom, NY

It really hit me when i started dating someone who had bipolar disorder. That's when i went online and recieved your information. It helped me understand all the different areas of the disorder and how to deal with it. Thanks for you help...I think people could benefit from your personal experience with bipolar disorder. There are alot of people out there who are dealing with someone who has this disorder and they are either in denial or don't know enough about it. Without the proper information, how will people learn how to handle this disorder effectively.

-Noreen, Lee Pouliot, RI

your materials have helped me to better understand my diagnosis.

-shirley, WI

I do feel that your information HAS helped me. I know it has helped my husband understand my son better. My son is diagnosed with bipolar disorder. I ordered your deluxe package... I find there is a tremendous amount of information that I cherish because it gives us hope and avenues to pursue for help...I have already have recommended your site to several friends and family members.

-Kathi, TX

Anyone who knows firsthand how devastating bipolar & cyclothymic disorder are would truly know its ravaging consequences...as you, David, poignantly know so well! However, highly intelligent, aware, empathic people like yourself, whom have transcended its destruction, are able to conscientise so many, are a godsend, a guiding light of hope & healing to those suffering...Always recommend you, David, so that these disorders may be better IDd; appropriately treated...

Sta.-Coloma, TX

Yes, your material on Bipolar Disorder has helped me understand the illness and tactics on how to handle the disorder tremendously...I am a supporter of a victim - my 45 year-old-son...Last week, because of your materials, I got him to a Psychiatrist who diagnosed him with Bipolar...I would recommend your materials to others.

-Jean, GA

i think your courses have really helped me out alot. i'm starting to understand better what my sister is going thru and how to help her thru it!! i did alot of research on bipolar and i always ended up more confused, but now that i get your emails i'm really starting to understand, and it helped me and my family start to figure out to help my sister.. she finally went to see a doctor and is on medication now and doing great so i just wanted to thank you for helping us help my sister!!! [to others:] i would really recommend david's courses to anybody going thru bipolar or someone you know or love that is going thru it... it has alot of helpful tips that really helped me out alot!

-Jalene Dugal, IL

David, Your project is very helpful to family members mostly. Keep up the good work. Alot of family members need this information because this may be the first time they have this information. Keep your head up high and continue this great work.

-Doris, TN

David, your e-mails have provided alot of information about some of the things I am going thru for my family. It's hard to tell people about bipolar and the effects it has on every part of your life. Your e-mails have helped my family get some insight into what is going on with me and how to recognise when I 'm having an episode and I thank you for that. I look forward to getting your e-mails...I would recomend your course to anyone I knew who desired information no bipolar

-Dawn, IL

Yes your material is helpful to me. It is a good source of information that I would have a difficult time accessing on the internet. DOn't give up not everyone is open to new information or to change. You are doing a good work and I hope that you continue the work. I would recommend the site to those that I believe would be interested.

-Jackie, PA

The basic information that you give does help. When I first found out that my son was bipolar I was grasping for any information I could find...We do want to know....and of course the answer is yes, otherwise we wouldn't be reading your email... I've learned to get what I can out of it...and I'll have to learn the hard way on anything else.

-Sonja, CA

Can't get by without out your information!!!! God Bless You! [to others:] Do not be ignorant, These emails have great insight and if you are dealing with BP it is a must read!

-kelli, CA

I WISH TO SAY THAT YOUR INFORMATION WAS HELPFUL TO ME! NOW I CAN UNDERSTAND WHY MY HUSBAND IS THE WAY HE IS... SO I IN RETURN THANK YOU ON BE HALF OF MYSELF AND ALL MY LOVED ONE... ANYONE YOU THINK THAT THE INFORMATION YOU SEND IS NOT WORTH SENDING IS WRONG.... SO AGAIN I THANK YOU AND HOPE THAT YOU NEVER ONCE THINK OF SHUTTING DOWN YOUR LETTERS BECAUSE TO SOME PEOPLE IT IS TRUELY A LIFE SAVER. [to others:] I THINK THAT ANYONE WHO DEALS WITH SOMEONE ETHAT HAS BIPOLAR NEEDS TO TAKE THE TIME TO BE INFORMED BY SOMEONE ETHAT HAS BE THERE DONE THAT AND THIS IS THE WAY TO GO. DAVID OLIVERS INFORMATION IS THE BEST THING THAT HAS HAPPENED TO ME AND MY FAMILY SINCE WE FOUND OUT THAT MY HUSBAND HAS BIPOLAR.

-Tera, Canada

All I know is that my son is 14yrs old. I have been to at least 10 counselors with him starting at the age of 2 and no one could tell me what was wrong. Then I got online to try to find out on my own. Had I not ran into your articles I wouldnt be where I am. I was ready to give up. But as I find out that we are bipolar I know I have you to thank. You are A very good inspiration to people. Keep up the good work... had I not read your articles at A time when I was suicidal I may be dead right now. Thanks dave I relly do enjoy your articles.

-Catherine, OK

yesterday i received the newsletter and it felt almost as if it was written for me. i do appreciated the time you invest in this so that those of us who are dealing with all trials and tribulations that come with this disorder may find a way to help our selves. or if it's for those who love us and are just trying to deal and understand ..at times what your write may not apply to at the moment , but try take it in just in and gain from it so that if that moment comes for me then I'll better equipped to Handel it when it comes around. or some times it's just hearing that some else has unfortunately experienced the same sort issue, helps me to feel not so alone and crazy as well as provides way to survive this disorder ! I so thank you David [to others:] great insight to the world of bibopolar disorder. From living it ,trying to learn to deal with it ,and skilles to survive it ,with it's you who is bipolar or your the one who loves someone who has it.

-Shannon, CA

It has not only helped me understand my disorder better and how to cope but my loved ones as well and they needed it!! Of course I would recommend the info. as I already am and will continue to do so. Thank you for all your hard work...

-Mary, AZ

I feel like this material has been great. My aunt is bipolar and i have been exposed to it but not very much. I am now dating someone who is bipolar and get suicidal tendencies at times... the information from your website has been wonderful and provided me with a wide range of knowledge for the subject which has in turn allowed me to help him. Now i can love another side of him just as much...Thank you so much. [to others:] I think that this information opens so many doors for great opportunities to be able to comfortably discuss this with your loved one to get the help that they need.

-Melissa, WV

Dear Dave,

In my case, your work has served me a lot at first... since then I continue receiving your e-mails and they serve me a lot... so that to recall me that someone exists in this world that worries and he tries to help other people, at least from me YES, and I very GRATEFULL to you... The better help I have received through you has been to understand that I have that problem and I wasn't as bad a person as I felt...

-SergioNogues, Spain

The material on bipolar disorder is very helpful especially about information that I have no time to discover on my own... This information on Bipolar disorder creates a window for myself who has two bipolars in my life and have had no patience in the past. It is small steps, but steps for sure.

-Myrberg, Canada

Hi Dave,

the information I've received from you, helped me a lot to know more about Bipolar. unfortunately for me a bit late. My wife walked out for no reason... But I hope to get more information I may be able to use, if she is back "on the road"... Thanks David for all you do to help others... Never I was known how to deal and react towards my loved one, until I got the information from David and able to handle difficult situations more calmly and effectively.

-Matthias, Scotland

David,

I just recently started to receive information from you, and I have really appreciated it greatly. It's all still fairly new to me, but I really appreciate all I have read so far, so please continue on, and continue to send the emails. You ARE helping people, for sure... Yours, of what I have read so far seems very real and practical. Which is exactly what I find to be the most helpful... Your information is really so valuable to many more than the ones who don't appreciate it, I think.

-Brenda, Canada

...actually all your information is very helpful to me because i do not have bipolar & am trying very hard to understand what is going on with a loved one... Thank you you are most appreciated. please keep up the good work. It is helping me.

-Vicki, CA

Dear Dave,

The information I have been receiving has helped me a lot I have a brother with schizo bi-polar and I think my daughter may... she seems to have the symptoms and I would not know the symptoms if it wasn't for your e-letters... and it's helped me understand my brother a little better we just thought he was crazy. Thank you

-Ellen, KY

Your information on bipolar disorder has helped me. I would recommend this site on bipolar disorder, it is very helpful.

-Susan, United Kingdom

Dear David, I have not had the time to read all of your emails, but ... did however read a lot of them, and they are helping me with my daughter. Please, don't stop!!!! After reading your emails, it gave me the encouragement to help her, and to know that she is not disabled. I thought that she would live with me forever, and you taught me just in a few emails, that they are smart and smarter than we are. We all have some sort of mental disabilities. No one is perfect. Please keep sending your emails. Thank you sooooo much!!!! [to others:] I totally recommend that you read David's information on Bipolar. You will not get as much info from the mental health experts in your city.

-Denise, CA

Dave,

You are, by far, one of the most knowledgeable people on Bipolar Disorder that I have had the privilege of knowing. Yours was a search in desperation, simply to find information on a condition that was literally "driving you nuts!" And then when you realized what your years of research had netted you decided to share it with an unfortunately ignorant world. That's the part I'm most thankful for, the fact that you decided to share your wealth of knowledge. Your words are not "stupid," and your insight into an emotionally crippling condition is like a spring in a desert. Thank you for being kind enough to share your wealth. [to others:] If you're a PhD in Psychology, then you probably don't need Dave's information on Bipolar Disorder. But if you are one of the many millions of people who have despaired of how to get along with, and maybe even help a loved one who is seriously out of touch with their emotions, then you need to read his free material. He's been through it, at a level you have probably never had to experience. Why not learn from him?

-Larry D. Hamlin, WV

Your information on bipolar disorder has been VERY helpful to me and my family. You publish information that simply isn't compiled and available anywhere else. I hope you continue this mission...I am also a member of the Bipolar Inner Circle and that information has been extremely beneficial...I have already shared some of your information with my daughter who has a BP father and NOW has discovered that one room mate in her loft is ALSO bipolar. I have been able to help them both because of information I have available to me from Bipolar Central. I have given website links to those who really want to understand the disease and who want to improve their lives by using this information.

-Jim, WI

Dear David, you have done a lot of research and that is very much appreciated. The one thing that stands out as helping me is the statement you made that this is indeed a disease not unlike any other that has been accepted as being devastating and uncontrollable by the victim and that when in a manic state he/she since they are NOT themselves but under the influence of the illness say and do things they in their right minds would not do especially towards us spouses, the ones they love... Now after reading the material David has so graciously been willing to put together for us...I understand and have been advising our children to keep in mind that this is NOT their father, but the personality that this horrible illness turns them into...but as bad as it gets, David has helped me keep in mind that it is indeed the illness...This is very important to remember as to help you keep YOUR sanity which if you,like me, questioned many times...

David cares, as he has had first hand knowledge of this illness in his life...

-Carol Downey, IL

It has helped me understand behaviour in family members and how to deal with it in a positive way. I have both diagnosed and undiagnosed Bipolar Disorder in my family but wasn't aware until recently I would definitely recommend your material to people who are experiencing the same things. it helps me cope better with my Bipolar family members.

-Leanne, Australia

Because I have the need to seek as much knowledge as I can on bipolar disorder, it is great that I can come online and click to get WISDOM. It is great that you share your experience, although each person's, of course, will differ. It gives insight as how to deal with bipolar on a daily...forever...basis. [to others:] I would highly recommend anyone who has a loved one who is bipolar to seek as much information on it as possible. Dave's experience with his mother will shed much light on dealing with it and keeping your life as "normal" as possible.

-Patti, DE

I've been now fighting for the past 4 months with my mother to get her help...But she keeps resisting to all treatment and in Quebec all the laws are to her advantage. I am so desperate for help and let me tell you your almost daily messages have given me hope and strength through all of this. I FEEL FOR THE FIRST TIME SOMEBODY UNDERSTANDS WHERE I AM COMING FROM. I am very grateful to have found you...Because of you, I started to open up to friends and tell them what I was really going through... Now, that it's out in the open we meet together a few times a week to support one another and talk about your reports and strategies. Thank you and God Bless you!!!

-Catherine, Canada

Your material has helped me to better understand what my fiancé is going through. We have been together for almost 14 years and I never once fully understood - until I found your site. I wasn't planning on marrying this man...but now that I know what is wrong with him and ways to help him, I know it's the "disease", and not just him...Thank you for all the time and energy that you have put into finding out about bipolar disorder and for sharing it with us - I don't feel so alone anymore... I would highly recommend (and have) the bipolar information to anyone. My sister works in a juvenile sex offender unit where a lot of the kids ARE bipolar. I recommended your site to her so that she could help these boys in any way she could and so that she would understand them as well.

-Debra, ID

Your information has helped me in so many ways. Having no exposure to this illness in the past, your data has helped me understand, and has eased my situation, knowing on what to look out for described in your various issues emailed daily to me. Great Job... I would like to thank you sincerely, your collated data on this topic has helped my situation with my loved one. Continue with your research. You are a saint.

-Vicki, Australia

Hi Dave, your course about bipolar disorder does help a lot. I was diagnosed with bipolar disorder last year, I was looking for more information about this and I found your course very helpful, thank you...it is very helpful for those who have got this illness learn how to cope and living with.

-Rosemeire, Great Britain

I work in a crisis stabilization unit working with men with different types of mental health diagnosis. Sharing your information in non-complicated language helps these men gather insight into their illness. It is beneficial to those who cannot understand that terminology.

-Evelyn, Canada

It has helped me to better understand what my wife is going through when manic... but for the sheer information you have provided, I am very grateful. [to others:] If you have a relative with bipolar, the information I received was a very good starting point for my own search for information.

-Jon, OH

Hi. I must say that the tips that you give have helped because it brought to my attention so issues that I was concerned with. I know that the issue on or about embarrassment or shame, really brought it home to me, that bipolar is what I have and not who I am... This writer would recommend the information or issues that Mr. Oliver sends out, can help anyone or someone dealing with all the issues and controversies that go with having bipolar or any mental illness, to encourage them, as well as, provide insight about having a loved one who has any mental illness, can make it and that there is hope.

-Jeri, AL

Your Material On Bipolar Disorder has Helped me a lot. Only through this i cud understand what problem one of My close relative and one friend are suffering from this disorder ... NOW i will pass on informations to them and recommend them to contact you through your site directly also. I will be in touch together important suggestion to pass on and discuss with them

-s.k., India

yes because my son is bipolar...and i have found your information helpful so i can understand why my son acts the way he does... because without you working so hard to get the information out to the ones and their loved ones, all those that have benefited from your information, it would be very difficult to get the information to them as in depth as your information is to get it from other sources. I know it has helped my know why my son is the way he is and my friends that are bipolar.

-Carla, ID

I just recently started getting your emails and reading the sites you recommend and they have helped me alot... I have learned so much from you. Please don't stop!!... I would definitely recommend your nformation. I have had some of my friends read some of it and give me their opinions and they think it's great. It's helped them to know what I am dealing with.

-Christine, SC

It has reinforced what I had already know about this disorder and how it can bransch into many other disorders... Yes [I recommend] , especaially to anyone who has no udea what it has, and what to expect when your kids act out, or your teenager shows behaviors that really scares you...

-Sue, MI

Your material is very helpful...it has helped my family and close friends understand how to help our son... I have already recommended your info to others

-Andreas, NJ

David, your material on Bipolar Disorder has helped me a lot more than you know. I have a friend that I love so much who has bipolar disorder. For months, I've been thinking of how to help her especially during an episode. Your material gave me lots of useful and helpful information on how to deal with her. I applied all I learned from your material...the message is, they are not alone in their struggles because there are a lot of people who are willing to struggle with them. David, you helped me relayed the message of love to a very important person in my life... I would recommend your information on Bipolar to others...

-Janice, Philippines

I found the personal story written by the astrophysicist...very helpful and encouraging...I also found particularly helpful your description of your experience with your Mom which in part answered some of my questions about is their a bipolar "personality"...The information includes basic information about what bipolar disease is, practical information about how to help someone with bipolar disorder, and material written by persons who are bipolar, yet who nonetheless have pursued productive successful professional careers. Not every word will be helpful, but I would be astounded if there was not something of value in this material for everyone who has a close relationship with someone who is bipolar...

-Eugene, Bermuda

Mr Oliver,

Your mini course is actually very helpful and informative. I firmly believe that it is due to the fact that it is coming from a personal point of view. You have gone through the hardships that we are just coming into. Keep up the good work, and don't let anyone make you think twice about what you are doing. There should be a lot more people doing what you are. Thank you SO much for the mini course and for your time [to others:] This man is telling you the struggles and hardships that he personally went through, and is willing to take his time to help others that are just coming to face Bipolar. Don't be in the dark anymore. Let David Oliver put some light on it. It truly has helped me with my wife who is Bipolar 1

-Buck, CA

It is teaching myself and my Partner more about Bipolar Disorder I want you to keep sending the info when I do get a chance I will print the info and hand it on to others I do know that has the big problem of Bipolar Disorder and does not have a internet connection to receive these great bits of info. —(((I think also if you can read as much info on this problem you can keep on top of the problem.)))— Yes I would recommend the info to anyone and also show it to my doctors so please keep sending the emails out as often as you can as I love them

–Greg Campbell, Australia

I would definately recommend your site to anyone and have stored all the info in a folder to read later on... I would like to understand [bipolar] better and will read this information. Thank you for it and all the effort you put in. Thanks again and God Bless you.

–Rhonda, Canada

Yes I have several friends that will admit they are Bipolar and some say they aren't your materialis are helping me explain and show them how varied there symptoms can be and still be Bipolar....I am doing that all the time and it appears to be a help to the ones that will use it.

–Charles Caldwell, NC

Your material has helped me a lot. I came to south america on vacation, and my younger brother was going thru a great depression, that's what it seemed like. Well I started searching all over the internet for info. When I came across your material, I realized my brother was bipolar, and immediately got him to a Dr. and put him on medication.. So to me you have been a real blessing. May God richly bless you and reward all of your hard work. [to others:] When you feel you are alone and don't know where to search for help, try David Oliver's web site. He is of great help, speacially for someone helping a love member cope with this diseas. He gives you encouragement and helps to keep coping with your loved one, and makes you feel like there is a way out, and not give up.

–Claudia, Chile

Since my husband was properly diagnosed last December, i have been searching for information everywhere just to try to understand what he is going through and also to be able to help him to the best of my ability. Yours has so far been the only information that makes "sense" to me. I have also shared it with my husband to show him he is not the only person in the world going through such things and that there is help available. It has helped us communicate better and also me to understand that the horrible things he says are NOT me. That has been the biggest difference for me...I would definitely recommend your information to others.

–Lisa, Australia

Your material has been very helpful. Not am I a person with bipolar, it has helped me to understand my illness and wat my caregiver has to do...Bipolar is not an easy thing to deal with... I try every day to keep things close in check.

-Joan, Canada

You are a God send my dear, you help us feel like we are not crazy or alone you are God's blessing to many... May God Bless You Dearly Thank You !!! ...I would greaty recommend your information on Bipolar to everyone who would like to understand so much more about dealing with this disorder.

-Anita, Canada

Your material on Bipolar Disorder has helped me tremendously because the information is acurate and I have the freedom of understanding all this at my leisure at home. My therapist gives me only an hour to take in alot of info. So yes, you help so very much. Thank You, [to others:] I recommend Dave's information on Bipolar Disorder as his valuable research has been so helpful in understanding my mental illness.

-Marika, NY

Well I for one think that your material on Bipolar Disorder has been and is very very helpful to me. It is very informative, and has very much helped me to understand it a whole lot better than I did before. I really did not completely grasp all the aspects of it before, I was very much struggling. BUT now thanks to you, I am much better informed about the whole thing. Thankyou very much... very definitely I would recommend your information to others. I know it has helped me so much, and I think it would help others just as much.

-Anne-Marie, Australia

Thank you for bringing the disease into pospective. Someimes we forget why our bi-polar loved ones act the way they do. We must always remember the disease and try to stay as calm as possible whenever they are going through the mood swings...I was very touched how you resolved [a particular matter].. It reminded me to always be patient with my daughter who has the disease, and to never forget the devastating damage the disease can do to a person's mind, especially, a teenager... As a male single parent of a bipolar female teenager, I appreciate your emails very much, and I thank you. May God bless you for all that you do. Keep the emails coming!... will definitely recomend your information to any bi-polar person, or to any relations of a bi-polar person that I know.

-Sylvester, TX

Your e-messages have helped me understand the illness. I am a retired counselor(high School) and knew it by the early name Manic- Depressive. So much has been learned since then,much of it thanks to you, and others...I have recommended the site to my son-in-law, to help him and my daughter cope with the heart-breaking anguish they are experiencing.

-Ruby, GA

Your e-mails have helped me tremendously. I started receiving your e-mails around about the same time my husband came to me and told me he needed some counseling... I started to read everything you sent me to find out what were the right steps to take to get him the help we were seeking. I just want to thank you for playing a major role in his treatment. He only has to take one medication and one over the counter sleep aid and can continue to work.. Thank you once a gain...It helps to learn from someone else about the unknown and to be able to use the information to help someone else.

-Jammie, MD

Dave, I have not been with your course too long but I feel like it helps. My boyfriend has bipolar and when things are difficult I tend to look back at your e-mails. Keep up the good work ...Yes, I would recommed your information to Bipolar supporters, and I have to my sister since her husband is bipolar

-Tina, NC

you have been a great help to me with your news letters i look forwed to. i have recommend to all my friends to go to your site

-ron, Australia

DEAR DAVE, YOU HAVE DONE A WONDERFUL JOB. THE TIME AND ENERGY YOU HAVE PUT INTO ALL OF YOUR NEWLETTERS AND THE FREE MINI COURSE. THAT IS WHAT I HAVE BEEN READING. I HAVE GOT ALOT OF INORMATION. I ODERED MY SISTER THE MASTER BOOK. SHE IS JUST NOW LOOKING AT IT. SHE JUST RECEIEVED IT LAST WEEK. SHE TOLD ME THAT THERE IS SO MUCH INFORMATION THAT IS GOING TO BE VERY HELPFUL TO HER AND HER DUAUGHTER. [to others:] DAVID IS SOMEONE WHO HAS HAD FIRST HAND HAND EXPERIENCE DEALING WITH A LOVED ONE THAT HAS BIPOLAR. HE ANSWERS ALL THE QUESTIONS THAT ARE LEFT OPEN ON THE WEB SITE. HE TOOK TIME OUT OF HIS LIFE TO LEARN ALL HE COULD TO HELP HIS MOTHER AND TO HELP OTHERS WHO HAVE THIS TERRIBLE DISORDER. SOMEONE WHO DOES THIS, IS VERY SPECIAL TO SHARE WITH ALL OF US.

-Kim, CA

We are new to the Bipolar family. Our daughter, who is 34, was just diagnosed with this and other diseases that go along with bipolar...This has been a God send to us as we are learning how, what, where and when to help. We can not thank you enough. This is a easy to read and full of very helpful information.” It was great to be allowed the gift of the series of newsletters and places to go to for help.....Thank you Dave from the bottomof our hearts.....

-Sherry, WI

I find your articals most helpful. Especially when I've been going thru my daughter's bi-polar and not realizing there are others out there suffering with this disorder too... Thank you for all your time and devotion.I have forwarded your articles to others. Hopefull this will give them some insight as to what their loved one is going thru also.

-Lynn, CA

Dave, I found some of the information very usefull... I use a lot of your information... I also have to thank you, because I am not alone, I know there is someone out there that will be able to help or to listern. I had given some of the information to friends of ours, and they found it very helpfull.

-Ali Meyer, South Africa

It helped me realize that my ex-fiance was bi-polar and that although I could not get her to get help, it has kept me from going down with her...I would reccommend it to others because it gives you a lot of insight on the symptoms of the disease, even if the sufferer is in denial.

-Oscar, SC

*** * * Y E S * * *** Your initial information has helped me confront the truth about myself - and face the TRUE reality of the disorder. Then the (Your)information MBOLDENED me to SHARE the information - admiting to my family (not friends yet) that I have the disorder... I ordered some materials from you - I didn't think it was "Enough" - BUT IT WAS STILL VERY HELPFUL TO ME. And finally getting the whole mini-course at once was nice (great). I copied it word by word (because it was hard copy)and sent it out to my family. I have to say you have helped me tremendously - KEEP IT UP [to others:] I whole-heartedly recommend Dave Oliver's Bipolar Disorder information and research as an initial step to those who have this disorder - and it is the BIGGEST one - I have to say you have helped me tremendously. And it has helped my family understand the disorder and me —how the disorder has affected me and our relationships.

-Adele, NY

...I have taken on a new life since I'm involved in this course. I am no longer angry and bitter because a member of my family was diagnosed with BPD. I was reading everything I could find but I got angrier; your work, however, is clear, succinct and senses what one needs to know. I have learned so much! Thank -you for rescuing me from my own demons; now I feel I can finally help my family member. [to others:] This course is personal; the author has been there! He has put together information that is clear, to the point and easy to follow. Everyone who is affected by BPD should seize the chance to do his courses. It is the ONLY source I have found that speaks to me in a personal way without dragging me thru' pages of philosophical, theoretical or medical jargon.

-lucy, Canada

...You have helped many see their disorder more clearly. I have had no problems receiving your e-mails and find them to be refreshing in an odd sort of way. Having bipolar is sometimes unexplainable to others. Reading about it makes me feel like I am not the only one that goes through these feelings and cycles...The fact that you have made your information available to the public says a lot about you and your character. Thank you for your news letters and for helping us all with bipolar know that we are not so bad after all... I would recommend your newsletter to those who have bipolar or have family with bipolar. For some it may make a world of difference.

-Autumn Thrasher, IL

I am learning all I can about this disorder to be able to help my family. I know very little about it and everything you send me I read and re-read...Keep it up.

-Kevin, FL

In coping with my daughter Dena who has bipolar. I am trying to understand her needs and wants when she gets into her mood swings, and David you have helped me alot with your free material...Thanks again for all your help.

-Alma, CA

thanks for all the messages you sent me..it helped me a lot in dealing with my bipolar patients..I'm a student nurse from the philippines..

-Eden Mae, Philippines

Your info is very informative and gives alot of insites how to deal and handle the different situations...The work your doing is great and keep it up and it's not a waste of time. You info has helped me deal with my husband...Anyone needing assisting and great insites on Bipolar then David Olivers website is the one to go to has so much to offer and truly helps when your trying to figure out what to do. The articles have benefited myself with how to deal with my husband and the signs to become aware of. So this is the best site for all your needs and info on Bipolar. Keep up the great job

-Christine, NY

...I want you to know that I look forward to your emails and their information. I am Bi-polar-2 rapid cycling. I find that your suggestions are helpful in my daily life. When I am feeling alone; I know that I am not because you are there helping me through each day. This might sound funny but, they change my day, even if I have already read it, I'll read it again. I find that I want to do more and be happier...I forward information to my family and husband. The insight of your experience is great for anyone that has to live with or help care for someone with bipolar. Especially when they first find out that their loved one has bi-polar disorder.

-Juli, CA

With anything that is unfamiliar or "scary", the more information I have the better I feel I can cope with situations. I, unfortunately, have a sister and husband that have bipolar and need as much SUPPORT as possible. Your emails have made me feel that I am not alone and people do understand and have gone through the same things as I have. I actually look forward to my new friends emails to get my boost of support each day or so...Keep up the wonderful work...My family is/was like yours. No one talks about bipolar until just recently that my sister was hospitalized by the state and diagnosed. Unfortunately, I haven't the strength yet to tell my family about my husband. I'm not quite sure why. With your emails, I find more strength each day.

-Tamara,CT

...what i've read so far has been helpfu;l as pointers to indepth sources...what comes across - very usefully -is the need to be alert to changing moods... an introduction to a very complex syndrome the free material is worth subscribing to

Raymond, United Kingdom

You have helped me understand my fiancee and our relationship is working. You have helped him understand himself, which noone else has ever done. I realize how much work keeping a website together is and all the effort you put into this and I applaud you! I recommend this information be read by all people involved in a bipolar situation, nothing is truer tha doctors are not disseminating these facts.

-Wendy, CA

It has helped me to understand someone that I have been going out with for 12 years. Although some of this I had been aware of none the less it has helped me a great deal knowing we are not alone!!! The fact that it is information put simply and I feel I enjoy receiving your e-mails. A GREAT BIG THANKYOU!!!

-Hazel Thomas, Great Britain

YES! It has helped me tremendously. I have used the information to inform my children of their mother's condition it has helped me to also understand the different things that my wife is going thru.... I would recommend your information. It can help people to know what to expect and how to help themselves to deal with living with someone bipolar.

-Mike, TX

If any thing, your information has helped me feel that I am not alone in the world dealing with this behaviour from a loved one. For years I have been looking for a support group or someone to talk to about the crazy manic behaviour, and finally I just so happen to run across your web page and I have been very grateful for the information you have sent...I also have a friend who has a husband who is bipolar. I recommended your web site to her and she was so grateful that she printed the whole 40 some pages to keep and read over and over again!

-Valarie N., Canada

Your info has helped me realize there is LIFE to live abundantly with the Bipolar person you love...your courage to embrace this very difficult subject on line and for such a generous amount of your time is a true gift from God!!!! [to others:] David Oliver is the real deal, and what he shares is genuine.....he has taken the guess work out of trying to learn how to cope with this disorder, and I hope to stay connected... it is CRITICAL that families embrace information on BIPOLAR Disorder

-Susan, FL

It's helped me understand my friend better... Do what you feel is right... recommend it to anyone or others who knows someone with Bipolar..

-Julia, AL

I have been reading your emails and so far have found them to be very encouraging. As the partner of a bipolar sufferer I find that reading the material gives me the confidence and hope that I can be of positive assistance. Knowing that there is good, sensible advice available is a lifeline. Knowing you are NOT alone is of great benefit...keep up the good work!!

-Jo, United Kingdom

Dear David,

I would like to let you know that if it was not for your course material you have emailed me i would not have understud half of what i know about bipolar thankyou so much and keep sending the information it helps tokeep me going. If I knew another person with bipolar i would certainly recomend them to you sight to help them understand what they are going through and of course not to mention what there family go through.

-Sheila, Great Britain

Very much, it has helped me understand alot more. Thank you. I have already passed on all this in work and it has helped other colleagues aswell. Thank you

-Helen, United Kingdom

Well it's elped me understand my partner much more, and to anticipate what mood she's in and how to keep her as calm as possible. I think what your doing is wonderful...thanks so much for helping me and my partner, we were on the verge of splitting but now we are stronger than ever. [to others:] Yes, if you need support and advice, sign up for this course, it helps a lot and takes alot of stress away. This guys a hero.

-Robert Kynaston and Partner, United Kingdom

Dave I think your a very caring and giving person for all the work and help you give. I was so excited when I first came across your site, thinking, finally I will get the help I need or at least direction..Dave has a lot of imformation on Bi-Polar, he will save you from the search that becomes over whelming when your looking for help...with the info Dave sends me....I feel I have control over my illness and it no longer controls me.

-Kim, CA

My Mother was diagnosed earlier this year with Bipolar. I immediately signed up for the 14 week course and has learned so much from it.You cannot help someone if you know nothing of the illness. Thanks to this knowledge I was able to spot at an VERY early stage and the Doctor's & I suspect that my daughter is also Bipolar (still early) and she is currently on medication with great improvement.If I had no knowledge I would not have been able to help my daughter in time; which could have led to DEVASTATING circumstances.

-Elize Barnard, South Africa

i read the first email which i found most helpfull.made me feel its not me going mad...im forwarding you address to some friends that have discovered their son is bipolar and are at the end of their tether just now...

-jill, United Kingdom

I am finding the information you send very helpful in understanding the effects bipolar has on people, not only in my personal life but also in my work... I look forward to more information from you...I have found the information I am receiving is the best I've come across. Always written in plain english which makes it easy to understand.

-Irene, New Zealand

Dear Dave...rest assured your e mails have been veryhelpful to me trying to learn how to deal with my daughters bipolar...Thanks for all the information you have sent to me and rest assure i will keep it handy for ever it really does help me.

-Brenda, TX

It has given me information that I had not gotten in the 25 years of dealing with this disease. It help me to understand in simple language more than the Dr.s took time to explain. I guess I messed up a lot of the things I thought I was doing right. I have learned from you and from your sources...After 26 hard years and many mistakes and heartaches—she has decided she wants to live on er own... I would recommend [your course]—it helped me but it was too late... You did keep me from giving up—even though I lost in the end. Thanks...yes yes yes you are helping other people to understand this to help someone that there whole attuitude you see change right before your eyes an when you get this you can now how to help your loved ones

-Larry, TX

yes it has i understand a lot that i didnt know thank you very much

-Sarah, WI

Iam sure you've done a great job with your course. I am a bipolar suppoter... my sister, the person I need to support, lives far away from me. I live in Greece and she is in Ukraine. I don't think I can really help her right now. I get a free course and I've learnt many things about bipolar disoder. At least I know now what my sister is suffering from...I would recommend [your course] to others.

-Olga, Greece

dear david oliver. your info has help me a lot with my bipolar.i have put two and two together and it make sense to me.i was diagnoise 10 years ago with by polar. i will recommend your advice to everybody that suffer from mental illnes.it is veryself educated.

-marco, TX

David—your web site , your email updates and the book I purchased from you have been tremendous . Gave me the insite as to what I have to handle with the love of my life .I am very grateful for the information .. Keep up the battle mate—you are doing great .

-Steve, New Zealand

Hi David,
I can definitely recommend your information on Bipolar to others. It is for everybody who has a loved one with bipolar, important to know and understand it.

-Henri, South Africa

I think that your courses are very helpful...This program may seem at first like a lot of reading, but it is worth it.

-Corrin, Canada

i enjoy reading the course i have a friend with bipolar and i have been researching bipolar writing papers for school...and I have found it is nice to read a little everyday that you may have found that i haven't when i am not researching and doing papers. so i do enjoy this...

-Andrea, MN

The mini course has been helpful in understanding the way my daughter looks at things and how her misunderstandings of the way things are can affect her behaviors. It has also helped me to recognize the warning signs of an episode, where I can get her in to regulate the meds and hopefully avoid a full blown episode and hospitalization...Just a note to say thanks for the info to help me understand my daughter's bipolar behaviors.I am also using the new knowledge to help a friend of ours who is also bipolar.

Raylynn, OK

...I signed up for your free news letters. They have been very very helpful. I have learned alot. This is how I started finding out that I'm bipolar, my son is bipolar (which explains his bizzard behavior). I'm getting so emotional writting this I'm having many tears as I write...I have been so encouraged by you saying that 90% have their own business that I started my own business, I sooo proud of myself! It boost my self-esteem because now I know for sure I'm not crazy just ill. I made copies of the news letter and put them in a folder for my son to read... I recommend your info rmation to all.

-Miriam B., TX

David,it hashelped me understand what myfriend has been going thru.It also has given me clues torecognize the mood swings and how toreact to them.Most of the time all I can do is listen and understand why they are acting this way knowing that I have nothing to do with it. keep up the goodwork.

-Robert, MA

I personally feel all and any information on this illness is most welcome and also that you have gone to great trouble to give out so much information. If anyone is serious about getting real information this is the place to go to .Trust me I 've been to many sites and they're minimal ininformation and half the time you spend going around in circles.

-Michele, Canada

I have had a lot of use in your information that i receive from you. I see signs in my loved ones that i would of never seen before. Thank you very much for all the hard work that you put into helping other people o understand bi-polar. i recommend [your course] on bipolar to anyone... like I said before, i notice and act totally different around my loved one because i have a different look on bipolar.

-Heather Knudson, SD

Dear David,

I can assure you that your talks definetly help...You have pointed out things to me which I honestly never even realised I was actually doing. But only once I read what you had to say about my disorder and I am so much more aware of what I am doing. Thank you!!!!!!! [to others:] Listen to what Dave has to say, I promise you - you will benefit from it. His words as one would say "ARE WORDS OF WISDOM

-Monique Clifford, South Africa

I havelearned a lot about the disorder that I didn't realize before. I would recommend it...but more information about your ..personal experiances, and the things you saw, would be much more helpful.

-Kathryn, KS

I appreciate your research and all the time you have put into it. Dealing with a bi-polar loved one is not easy...Thank you again for your honesty and your willingness to help. God bless you.

-Kathy, MN

I enrolled in the mini-course to learn how to help my sister more. The more I read, the more I realize that I have the symptoms of bipolar myself as well. I look forward to all the articles I receive and read them from top to bottom. Yes, they are helping me and please do not top sending them. I would recommend the information on Bipolar to anyone who is interested in knowing more and not having to learn it from the school of hard knocks.

-Gail, WI

I do not have Bipolar Disorder, but I have a friend who does. I did not know anything about this illness. Just went online and found your website. It does give me some good informations..., any informations will help.. Just be thankful that there is information for you to read about the illness.

-Bo, WA

Yes the information you send is very helpful...I save all your stuff to a file so that when I get peace and quiet that I will have it all there to go over. I do appreciate having it...I have already recommended your site to another who is also dealing with a child with this disorder.

-Dana, AK

I've been forwarding my husband...material that Dave has been sending me. I have had bi-polar for at least 10 years and it wasn't until I married my husband that made me look into getting some answers for it. Dave's emails to me have helped my me and my husband both understand what things to look out for and what symptoms are "normal". Thank you so much Dave. I really appreciate all of you help...

-Crystal, AZ

You have given a lot of people more information than any one place I have seen...You are giving people a chance to pick and choose what they want or don't want. I don't know anywhere else I can get this information...you have given me a chance to try something else...Right now all I am doing is keeping everything in my save file. I just hope that your information will help us...I know several people with Bipolar. I have told them about you. But, I can't do the work for them. But, they know that you are there.

-Joan, PA

you are halping me to understand bi-polar. As my friend and grandson has been diagnosed with the disorder!

-Eleanor, NE

I was at my wits end due to my husbands moods.On seeing a psychiatrist it is Bipolar.I found your site at the time I needed help. Your information has really helped me and my understanding is so much better. Thankyou very much for giving so freely of your time and information...David can give you the light at the end of a dark tunnel. He offers so much info and help and makes it possible to try and heal.He does this unconditionally and for that he is priceless

-Jean, West Yorkshire

it is making a difference in the lives of people who are going through major trauma... Keep on keeping on David. you are doing an awesome thing and there are people who are so grateful!!!! for the information and the support and that they are not alone...thank you for all that you have done in this area. truely you have made a difference...David, i have already passed your information on and definitely recommend it to others. its a life saver!!!! thank you!

-Estelle, South Africa

it has help me to know more about Bi-polar. As a support worker, its has made me to how to deal with bi-polar service user...

–mudasiru, United Kingdom

I now know that I was not a failure as a wife and mother. My husband was brilliant but Bipolar and he died tragically at 32. My son also took his life at 30. My daughter has recently been diagnosed. Your information has been a tremendous help to me I only wish that I had known more so much sooner. I sincerely thank you. I have recommended your information to two people and would not hesitate to recommend it to anyone else who I felt could benefit.

–Elizabeth, South Africa

As i am Bipolar myself it has made me understand more about the disorder, I have learned so much more and felt that I could share the info with my loved ones. I have just entered a new relationship and my partner is very supportive as i was able to explain to him in a better way what I have to go through everyday. I find that people now understand me better and that I now for once in my life get positive feedback from them ... The best thing for me and my loved ones was finding this site, it has opened up many doors to me and my inner understanding about the disease. People who dont take the time to read about this will never be able to cope with it or others will never understand what we go through. Please dont stop sharing your info with me.

–Tania Lucas, South Africa

It has been very informative and a ease of mind to help with this situation...

–Richard, LA

Hi david,

Even though I do not have bi-polar, I have felt that your info is useful cause I have past it onto my friend who`s daugheter we think has it...Yes your info is usefull... I have snet it on to my partner with the daughter.

–Veronica De Nobrega, South Africa

I get a hold of every information I find useful. Obviously everything is not useful to every person but getting the resources - information and filtering through it to help a person's particular situation is very helpful and useful. My husband was bipolar the 14+ years we were together before we split and was not diagnosed until we separated for a year. We are back together and raising our 2 children and soon to be 3rd due in Dec. It is a real challenge to love and accept someone with bipolar and I personally always look for new ideas and ways to help and "reach" him. Your material has been a great resource for me. The more I can become educated, the better. Thanks! I would recommend your information for it's insight and helpfulness in understanding and trying to help those with bipolar. Knowledge is such a gift and comfort for those who have to deal with it.

–Jeanie, MD

Hi David,

I have been receiving the free information you send out and it has helped me and my husband who was diagnosed with bi-polar this year on Memorial Weekend. I knew nothing about the disorder and was very frustrated because I didn't know what happened to my husband or what to do to help him. I was struggling to understand and not blame my husband. After reading the information you sent me, we now have some hope. I know that you have gone through a tremendous amount of stress, so I really appreciate you making the information available to others. [to others:] ...the information I have received free via e-mail has helped me begin to understand what my husband is going through and how I can help him. At first, I thought he should just "snap out of it" and now I realize that he can't. The information David provided helped me to be more understanding and supportive of my husband's disorder. Thank you David and don't stop.

-Debra, NC

It has helped me to understand this condition more, to respect people with it. It has helped me train my student with mental health issues... This is someone who is looking at the reality of caring for people who are often judged by others, but who can also be most successful in their contributions to social and work life.

-Margaret, United Kingdom

WELL IM JUST STARTING TO LEARN ABOUT THIS PROBLEM I GOT THE IDEA TO LOOK FOR INFORMATION LIKE YOURS FROM A FRIEND BECAUSE I LIVE WITH SOMEBODY LIKE THAT... IT IS HELPING ME A LOT...KEEP DOING YOUR GOOD WORK...

-CARLOS

IT helped me understand more of bipolar disorder, how it affects my friend. IT helped me to become more patient and more supportive. Without any of these information I have received, I think I would have become frustrated and probably withdrawn myself from our friendship... What I have done, I showed these information to my other friends to explain the odd behavior of our friend with bipolar disorder, I have seen more understanding from others with this. It was not easy for us, but with the information we have received from you, we stuck with her through her hard times.

-Stephanie Gomes, UT

Dear David,

Of course, your information has been very helpful for me to understanding the disorder itself and how to handle it. I don't doubt that such information as you kindly providing is helping far more people than you can imagine and they are greatly appreciating your sincere and hard work.... [to others:] David's information is most useful to deal with the mental disorder.

-Jun, New Zealand

it has really educated me on the disorder... i have recommended it already

-Mike, FL

Your informatin made me aware how serious and hopeless Bipolar can be and that I was not in a situation to do any good for someone who would not cooperate.

-April, FL

By giving me a greater understanding of my problem,along with many 'handy' tips to overcome what have now become issues...It has certaaainly been of great help to me.

-Ken, Canterbury

It has made me aware that this condition is not only my daughters problem but really has to be understood by everybody around her...Bipolar disorder is very difficult to deal with because of its unpredictability. Davids notes and experiences are really helpful in making us more sensitive and aware of the risks our daughter is exposed to

-Bob, Canada

The information was very useful in helping me unnderstand the behaviors one displays when they are diagnosed. It helped me to understand.

-Pavonay, TX

Your information has helped me... It has given me a better insight into the disease itself and also the importance of taking the medes...I enjoy the info you send...I have recommended your site to my sister who is also bipolar II.

-Ann, FL

...you are helping me. David, I am Bipolar and I need all the help I can get! I am hoping to get enough money to order you book that you worked so hard on.Please don't stop helping, I need your help!!! Please do not give up on us that need you! My sister has a daughter that when I sent her your e-mails my sister said you were talking as if you knew exactly how her daughter treats her, Like your mom did you. And I know too!

-Audrey, WA

Yes very much. I learned alot more about bipolar, witch helped me understand my mom's illness better The info i got so far from David is very usfull in understanding bipolar disorder better.

-Yolandi Terblanche, South Africa

Your e-mails have probaly saved my family. How is one to know how bad it is to be mentally ill when they are not. It has opened up a new channel where my husband is not affaid to ask me questions about how I am feeling. Also me being bipolar, even if it is scary I can talk to him and even my young children. We are an open family, but it is so hard to explain to children why mom has to go stay at the hospitol when they dont distinguish anything is wrong with me. The support has helped my husband so much to where he now has a voice in my illness and he can see triggers that I am melting down. You really helped my family to survive thease last few months especially...I would more than recomend it. I have forwarded it to many of my loved ones. I know I will never have a normal life but having them behind me in this struggle and understanding what it is like is starting to make me stronger. On top of that I get a really healthy perspective on how bi-polar effects them and I can do my best to try to get the treatment when problems come up instead of waiting so long that it is to bad to cope. The signals are there for all and they help me to recognize if I am having issues befor they become to serious.

-Sarah, CA

I was looking for information in general and yours has assisted me in better understanding bipolar.... I would happily provide others your link so that they could decide for themselves if your website and information would be of benefit to them.

-Rick, Australia

Yes, I have had a problem being able to tell if my husband is depressed or just mean! your description of depression will help me remember that he is depressed. i also liked your sugestions about foding a do. Also, that I need to be very involved in his recovery. Anyone I know that I felt would benefit from this info, I passed the info on to them.

-Lisa, LA

i enjoy reading your stories. i need to be fully informed of different situations of people with bipolar and how to help and what to do. i would appreciate information about living with someone who is bipolar and dealing with his situation every day. Sometimes it is so different from the day before.

-Glenda Gainor, NC

Dear Dave,

I work in an assisted living facility, and your information is helping us to understand a few of our residents better. So please don't give up your site. Thank you!! [to others:] I have shared the information I received from Dave with my co-workers. It has been helpful in giving care to our residents.

-Angie, IN

I can't answer this question (see above) but my daughter seemed to find it interesting and on track.

-Susan R.

...I do appreciate your mail...I'm just starting to look into this, because I think my grown daughter is probably bi-polar although she had not been diagnosed as such)...It has been very helpful.

**-God bless you,
Mary, IA**

Yes. It is encouraging/informative...you keep up the good work Dave.

-Kathy, Great Britain

Dave,I am in your corner on this...Dave's Bipolar course , is far above any shrink's help. Not that they don't do, they can't take this much time to explain it. By the time the sessions start, a BIPOLAR, or a supporter of a Bipolar are at their wits end, then it is time to leave. Most therapist have 15-30 minutes , with you. This course you can do at your own leisure as many times as you are willing to read and give it a try.

-Deborah, TN

I have found the material helpful. Now I informed about many things that I did not know about bipolar disorder. Your material helped me to understand the ups and downs of my son and how to manage the situation...As I said before the material help me a lot. Yes, I recommended to others.

-Lany, FL

Dear Dave,

I like the emails and the hard work that you put forth trying to reach out to help people. People have a choice and a voice to make or speak out. We take the bad with the good and we still do our best to help those that need it or the ones that don't. So remember, if your information helps one person that one day out of a million people, then your emails and info, hard work and effort, are all worth it.

-Scott, OK

...My brother is the one who needs it and he is now having treatment. But your material has helped me understand where brother is coming from. Also the related articles (like the of Omega 3 supplements) has helped...Thank you for your free information...[this information] you give has helped us understand the symptoms of our brother's bipolar. Again thank you."

-Mutya, Philippines

It has helped me believe that what i was going through with my wife is Bipolar and I can with stand the stress of it's consequences.

-P. Chandra, India

I AM A FAMILY MEMBER OF SOMEONE WITH BI-POLAR..THIS IS A NEW PROBLEM FOR ME AND I FOUND THE INFO HELPFUL IN HELPING ME UNDERSTAND THE PROBLEM...YOUR ARTICLES ARE MAINLY DIRECTED AT NEW DIAGNOSIS AND IN THAT LIGHT THEY ARE HELPFUL...I WOULD RECOMMEND YOUR SITE TO ANYONE WANTING INFO ON WHAT THE DISEASE IS.

-HELEN, LA

Dave... I know more about Bipolar then I ever known. See I have a family history of Bipolar. My sister, aunts, freinds. So you 're helping me. I'm also trusting God to turn that around in My family lives. So again thank-you... Someone who has never experince this illness could benefit from your material.

-Shelia, VA

David, your material has helped immensely during a period of crisis with my fiance, I should say x-fiance...Please keep it coming...I would definitely recommend this sight to my friends when they are looking for answers to loved one's problems and don't know where to turn.

-Stephani Swepston, TX

To my opinion the mini-course has been so helpfull with us. We really did not what to do with the situation that unspectacky touch us. Things may not work for other because they do not dicipline themselfe to achieve knowledge and apply it. I do urged people to get full of knowledge thru the mini-course or full course. If apply to the situation it will work.

-Francisco, FL

i would reccomend david oliver to other people because he is a good kind man who is just trying to help people not go through what him and his family went through he has helped me alot and has helped alot of other people thanx david

-Virgil Anderson, United Kindom

It has been interesting and usefull to know that other people / familys / carers on this planet are going through the same trauma as my family and I due to my wife suffering from bi-polar. Reading some of the info sent to me has been most helpfull - I would like to read more...If I knew of anyone who is going through the same nightmare as we are I would recommend this information.

-Robert, Great Britain

I believe that the information that you have given me in the emails that you send to me have helped me understand more about people with bipolar disorder than just reading things on the internet. Your news letters are more on a personal note than just "facts" that one can find in a dictionary. I would recommend your information to those who are looking for a plain, simple, straightforward insight to understand what bipolar disorder is all about.

-Domingo, AZ

Dave, Your material has been great. It's helped me understand my mother... Now I know it's the condition that makes her nasty and unapproachable, so I now make the effort to try harder. Thankyou I also now know I'm not alone... Of Course I would recommend your info on bipolar to others. There isnt enough understanding about it. We need to understand the condition before we can understand the person with it. Love your work Dave

-Julie, Australia

I have enjoyed receiving information and hope you will continue to send it. I have a daughter and a husband with bipolar and I really need the support. So please don't quit what you do. You are heaven sent!

-Bridget, AZ

it has incresed my awarness about the manicc and dipreesion sids. also made me aware that when my mother acts diffrently is because she is unwell...yes, i did recommede it to my other family members. infact i shre it with them whenever i can.

-Lanja, United Kingdom

Mainly it has helped me to ask more questions and it helped me to have more information.

He provides a variety of information and you can use what will help your particular situation.

-Anne, UT

I learned to recognize my boyfriends behavior and therefore saved our relationship. I got him to a doctor and he is doing so much better. He is completely functional now. There is no doubt in my mind he would have destroyed everyone around him and slowly killed himself through his behavior if it weren't for you and your information... You saved Steve's life and our relationship !

-Kari Ivins, AZ

Dear David,

I appreciate your emails so much. Some days I read all of them all over....I am having financial trouble or I would have purchased everything you have. So, in the meantime its helping out bigtime. thank you. Your kindness is not taken lightly, god bless you and yours...

-Annie

Dave,you are Great.So much stuff i didn`t know...I going to recommend it to my family.seems like family is the ones that gets hurt the most.

-Lee, GA

I would recommend it as a daily source of contact and information.

-Zoe, United Kingdom

...your info on Bipolar has helped me alot as I support someone with the disorder...the info you're sending is helping a lot [of] people;;;

-Di, Australia

Just by reading about other people i do not feel so isolated anymore. my husband suffers from manic depression and psychosis and life can be very hard. he is also rapid-cycling and up and down all the time. he is taken his medication...life is a rollercoaster ride and i feel nobody really knows what is going on – how hard it is - how hurtful...I feel very alone at times...we are all different but i found that there is always a grain of truth or some idea that i can use in your newsletter...

Anna, United Kingdom

I have a friend with bipolar and your information is helping me understand her better. Thank you.

-Betty, Canada

Dear Dave,

You were helping me quite a lot recently as I was trying to understand my mate. I think you are terrific and a great guy who has bared his soul to try to help others. I hope this carves you a special place in heaven. On that note, I have to tell you that my partner passed away exactly one week ago and I am a heaping pile of emotions. But, I remain a subscriber to your newsletters and information because I suspect my daughter is bi-polar as well...Your work is all worth it if you have made a difference in ONE person's life...I would definitely tell others about your site. The best part about you is that you make sure people know that they are not alone in this. That others are trying to cope too. That makes a huge difference in itself. Also, your dedication to the research is incredible.

-Bridget, MI

I have a friend that shows all the symptoms of bipolar that you have listed. Before seeing your e-mails and articles I thought she was just nuts. You have put things into perspective for me and I think what your doing is priceless... I would reccomend this sight to any one having to deal with a person or themselves with bipolar.

-Teresa Weitensteiner, WA

I work with a suicide prevention program and your information has given me the tools I need to properly assess clients.

-Matt, WI

I HAVE BEEN DEALING WITH BIPOLAR FOR A LONG TIME. I THINK THAT YOUR INFORMATION IS RIGHT ON. I FEEL IT WOULD REALY HELP SOME ONE WHO IS NEW TO BIPOLAR... IF I KNEW SOMEONE NEW TO ALL OF THIS I WOULD RECOMMEND THIS PROGRAM.

-Susan, MO

Sometimes by reminding where I've been. Sometimes by suggestions to make sure I don't go there again. The part about not stopping medications is really important for when we feel better we think we ARE better... Many of us long for someone to just understand and not condemn us out of hand. Or tell us to snap out of it. Your material gives us that understanding.

-Lee, MA

I am a nurse who also has a son-in-law who is diagnosed with being manic depressant, His whole famiy is. It is helping me to understand more with my bipolar patients. I think your articles are a big help. I also see alot of this in my son-in-law...I would definately recommend this to others...

-Deborah, AR

Dear Dave. I recieved your Booklet on What is Bipolar Disorder and have been able to sent it to my Partners youngest dgter who is concerned about her older sister and brother who both seem to have bipolar disorder. We have found the information really helpful...I will continue to link into your emails as you have provided so much enlightening information. I say keep on going and may you be strenghtend and blessed in the doing...I have already been [recommending] this and have given a few of your booklet away.

-Jan, New Zealand

...I ready the articles you send and practice them on myself and my child...I would [recommend them]. I have talked to a friend and co-worker about your helpful information.

-Patricia, NM

Your e-mails/newsletters have helped me be more hopeful of good outcomes with my bi-polar grandson who is 28 years old...Thank you for all your encouragement and suggestions for dealing...I know that each person is different and and episodes are as varied as can be but your common sense approach is so very encouraging and to know that you or I are not alone in this.

-Nancy, TX

Hello Dave, Yes Im enjoying reading your e-mails and I get alot of comfort from them...they are resourcful to me thank you

-Sherry J., OH

I have two Girl friends who I never understood till I recived your e-mail my thank to you...Yes, [I would recommend it] for those with an open mind who r truly looking for answers

-Pat, OR

It has really helped me to understand Bipolar Disorder...my daughter has passed away and your articles help me to understand more about how she was. I miss her terribly, however I am now raising her children and I need to be prepared in case they are bipolar. Thank you so much for keeping me updated.

-Robin, CO

I have only been receiving your 3-mail for a few weeks, but I find it very helpful. My son is bipolar and living with me...and I find your suggestions helpful not only in dealing with my son but it easing my grandson's stress. Thank you. [to others:] I strongly recommend David's information and advice. Sadly, I don't think there is a "One Size Fits All" or an instant cure for this disease, but the suggestions are tremendously helpful. They help caregivers reach important mileposts that make life more bearable for patients and caregivers alike

-Claire, MA

It has helped me gain new insight into people who are struggling with this disorder. I have been less afraid and mystified and more hopeful...The information is very helpful in understanding what triggers episodes and how to pick your battles. It's great to understand that there are lots of other people dealing with the same issues. You are not alone!

-Rhonda, CA

Your site has been an eye opener, we see your mothers situation and can see what kind of comparicon may be in ourselves or others...Do like your spirit wanting to help others. Thank you.

-Willard, SD

...it has given me more info that I had ever had and puts a different lite on what can be done. Much appreciated!! [to others] Please give this course a try, youwill be pleasantly surprised at the assistance you will receive.

-Carole, Canada

I have TWO bi polar sons, and I was shooting in the dark before I found you, so I am VERY VERY HAPPY to have found all your (free) advice and teachings about bi polar. I am retired and living on a very small income, so this is SUCH A BLESSING to me!!!! Thank you ever so much!!!!...Yes, I surely would [recommend this course]; I am going to send a note to my one son to tell him to go and check it out. He is bi polar, but is also a phychologist, so I am saving all your letters.

-Sharon, MN

Dave—I have responded many times to your help. I cannot tell you how much help you have given me. Not only has your information, tips, tricks and other various ideas helped me in dealing with my husband (BiPolar), it also works with my son with Down Syndrome and my son with ADHD. My life is a whole lot easier these days, and now I can begin to take care of myself. Thank you for your excellent work, it has taken me 15 years before I found you...If you help only one person through all this (of which there are many more than that you have helped)you have achieved something incredible...I 100% recommend any and all information based on BiPolar information to others.

-Luann, NY

I feel as if you have given me some great tools for dealing with family who has this nasty disorder... its good to hear that I'm not alone in dealing with this matter. I think that all the...e-mail you have sent me hav e really let me understand alot more about how BPD really works. And I know now that its truly not my mothers fault...So thank you for helping me to under stand. [to others:] If you think you don't know exactly how this disorder really works and are just fed up with trying to deal with it. I highly recomend reading into it. I have had my eyes opened after one month of reading just about five min a day. Try it out. It will help you to understand. Just understanding is the first step to dealing with it...

-Joshua, MN

As a daughter of an acholic and the wife of a person, who I beleive is bi-polar, your advise is helpful. Knowing that I am basically helpless in correcting the problem but learning to cope with that fact but I have a better understanding of what I am dealing with.

-Lori, NC

It has helped me in understanding my husband, who has the disorder. I am trying to help him and I know now what to expect from an episode. Thank you

-Jennifer, WV

I have my son who I think may be bipolar...so i have been reading up on alot of things...I have found this information as a good thing, thank you...I would tell others about this site, if I knew anyone who needed it.

-Christine, OH

dave. because of your class i have learnd so much about my daughter and myself. i always thalt my mom didnt love me but i see now it was her bipolar. she tryed to halp my borther that had bipolar. thay both have died.i know my daughter had bipolar and i know something was worgn with me i didnt know what to do or why i was felling the way i do.

-Connie, WI

I have read everything that you have sent to me. You are making a big difference, believe me. A real big difference.

-Jane Symalla, Great Britain

It helps to know I am not alone. I don't have bipolar but someone in my family has it. Reading your mail calms me...It is not scientific. But it is written in a language that makes you feel like you are understood

-Maria, Portugal

it as mademe understand myself a lot better...i have tried to recommend this information to others that iknow who has bipolar...

-Jerryann, CA

well if you wanna know i fell better than atleast bipolar is not as bad as a doctor and my mother told me. Besiders the tips help me...And well at leats i dont feel alone, talking with otehr bipolars...helpsabit

-Adam, Ireland

yes it has help me understand bipolar a little better tho its for my son and his is a bit stubbon and is not interested in reading up on it,but thank you for your insight on this illness....it helped me to understand the illness and how to cope with a loved one.

-Sharon, United Kingdom

I have a girl who will be in my Sunday School class next year and I was just trying to find out things about Bipolar disorder. I didn't want to do something I shouldn't and since I know nothing about this disorder I thought your course would answer some questions for me. ...I have already recommended it to other teachers who will be dealing with this girl.

-Shirley, KY

I have Bi-Polar disorder and I joined you to try to get my boyfriend to understand things. You have helped me with your information, thank you...Keep up the good work.

-Camille, TN

...Your articles and information have been a big help in giving me some wisdom to know how to set boundaries...

-Lou, MN

Dear David, Your information has been a real eye opener. I do not have bipolar disorder. But after reading everything you sent me, I truly believe my mother has this disorder. Everything you have described in the emails is my mother. I just can't get through to her to get help...I would highly recommend this information.

-Francine, OH

Hi David, Thus far I have found this sight to be very helpful in many different ways, My Boyfriend has bipolar and was only just recently diagnosed and through the last year I could have used your site to refer to for coping methods, treatment methods, planning, advice. What you're doing is great... focus on all the good you've done. You know you're doing good deeds with this info, support, and your sites...I have and will continue to recommend this site and info to others. Funny enough some of them have already been here.

-Melanie, Canada

You do give good info about bipolar. While I have been dealing with bipolar for a number of years it can help to get a different view on things. I am schizo affective disorder/bipolar type and 2 of my teens (ages 15 and 17) are also bipolar disorder...I would recommend your new letter to others who I would get some good from it.

-Mary, NE

For a long time I didn't know what was going on with my sister. After reading your information, everyone in the family knows what is wrong with her. She's getting professional help, and medication and I have you to thank for saving my sister. It's going to be a long battle ahead of us...I would recommend your information to anyone whom expresses the problem about themselves or a love one, or just a friend. Keep up the GOOD WORK, you do make a difference.

-Nathan Williams, FL

My brother has been diagnosed as bi-polar. Although my mum, dad and his partner are the main supporters I have found your articles excellent information and enlightening reading. Thank you so much for the time you take to share your knowledge. I truly hope it's a win win situation for you too...You are sharing life tested knowledge that takes years of mistakes and hindsight to achieve

-Cathy Roberts, United Kingdom

It has given me some insight into past behaviors and an outlook for a brighter future. At this time I am trying to find the right treatment so that I can continue to move forward...I think these articles would be very useful for someone who is just starting to become aware of the problem.

-Shannon, TX

...I came upon your web site because I was seeking some information about Bipolar Disorders. My 40 year old niece lives close by and my husband and I have taken her under our wings...She had mention to us that one of her doctors mention that she may have a Bipolar Disorder. After reading what you have gone through with your Mom, it all made sense. She finally admitted that she knew she has had this disorder for most of her life...Your information on Bipolar Disorder has help me to realize that I also have other members of my family and my husbands family that suffer with this illness...Thank you for helping me understand the illness and how to help my niece. Your description of your Mom's behavior is so similar to what my niece is doing and your tips on how to help these people have somewhat eased my mind about dealing with my niece. Thanks you so much...I would recommend his writing to others, In fact, I have and it is amazing the people who have thanked me for passing along the information.

-Carol, CO

I find the newsletters to be helpful and informative. I'm not sure if I am Bipolar or manic depressive(the doc says depression, but I think it's more)in any case, your insights and stories have helped me to understand more about my behavior, triggers, ways to distract myself away from an episode, etc. Thanx

-Aleisha, OK

It has helped me cope with my husband's bipolar knowing I am not alone. Also, although I don't agree with everything you write, I find the material you provide so informative...I would recommend the education you provide on bipolar as a layman's source rather than clinical. A more human side than what is related in most books. The emotional view is more helpful than described in most materials by experts and doctors. A regular person dealing with a loved one's illness helps me more than what the doctors say.

-Michele Held, IL

I have told a couple of people about your website. My husband is Bipolar and I not only check your emails, but I am also a part of NAMI - natl. Assoc. for Mental Illness.

-Tracy, MA

it has helped a lot my mom has bipolar and your material has really helped me out...I would recomment to everyone I know that knows or has a loved one with bipolar

-Michele, PA

my daughter is bi polar.. I can't explain how it has torn up our life and ruined hers.Mainly because for years it took to diagnosis with itSo much you are telling me helps me.. Don't quit...[to others:] Bi polar is something that we'd all like to ignore, but we can't.The only way to win this battle is to educate ourself. Dave has wonderful input on this matter. I'd recommend his course 100%

-Dianna, VA

I Think you are wonderfull to try to help people out there...two shrinks think i am bipolar, I know bipolar and have worked with it, so i was hit really hard...

-Jennifer, MN

I am bipolar myself.Your e-mail's are a godsend...you have alot of helpful

-Theresa, NJ

well if you wanna know i fell better than atleast bipolar is not as bad as a doctor and my mother told me... Besiders the tips help me...And well at leats i dont feel alone, talking with otehr bipolars...helpsabit .

-Adam, Ireland

I am very new to the patient end of bi-polar.I was just diagnosed in May. My sister however, has been bi-polar for many, many years. Our lives were ruined by her and her illness...When I was diagnosed with a form of bi-polar disorder I thought the world had ended for me...YOU SAVED MY LIFE! YOUR INFORMATION HAS BEEN A GODSEND TO ME AND MY FAMILY. My husband thinks you are the best! Keep on doing what you are doing!...I have and will continue to recommend people subsribe to your information. Keep it coming!

-Judith Lutz, CA

I don't support anyone with bipolar disorder, nor do I have it myself. I do have a granddaughter in my custody with ADHD, and wondered if she had bipolar tendencies. I have found all of your articles very helpful and most informative. I have used some of your information in dealing with her, and it seems to be useful, and working. You are doing a great job, and keep up the good work. If you help only a few people, it is all worth it: to say nothing about the people like me that can apply it to other problems successfully...I would DEFINATELY and EMPHATICALLY reccomend your program to others and have. All the information I have read is useful.

-Martha, NH

I have been able to help my family better understand how to relate to me and to handle the practical problems that come with being bipolar. My husband appreciates the information that you have provided. It would have taken me forever to sort through all the different kinds of bipolar information to come up with something as logical as yours—time I do not have....I recommend David's information on Bipolar because he is sincere and I have found all the information he has provided to be true. Everyone suffers from bipolar at different levels, but I think David has found a good medium ground for people to learn from.

–Glenda, Canada

it has helped me have a deeper understanding, everywhere ive looked its only told me about the "condition" as they like to call it and not the things you need to know...and although I don't know as much as i would like to know, i am very grateful to dave for thr information i have recieved as it has helped me so much...this stuff is gold.i have looked everywhere for info of what its like to live with someone you love that has bipolar, not just the facts but a step by step guide to do if something happens.

–Hannah, United Kingdom

Well it has helped my and my mom. I have bipolar. I have even learned a few things myself about it...Yes I would [recommend it to others]. See you and I have the same mission, that is to get the american public to not be so ignorant on the subject. This is what makes people so scared of mental illnesses, simply they dont know anything about them so in turn they shun those with mental disorders. I commend you and what you are doing. I think it is great

–Tessa, OH

Dave

Before I came to your forum I was lost, My daughter had bipolar...Since reading your course and all the information I have gained, I have been able to express myself to the Dr better at what I am seeing and he is starting to see that too. I have also forwarded you forum to my son in law and the Dr and they have both read alot on here and let me tell you, even the Dr told me he learned alot and he has been working at an institution that deals with bipolar people all the time...you have done so much for my family and I...I have used some of the skills that I have learned from you to deal with [my daughter] and it is working...Thank you so Much for all the help your course has provided me to understand better what it is my daughter has. When she was diagnosed I joined a support group here for people that are dealing with a loved one with bipolar and I must say that over a year of going I have not learned half as much as I have reading you words...I have recommended you site to not only my son in law and my daughter, but to her Dr and to a couple of friends that I am positive have bipolar and they both have been diagnosed with it

–Delores, Canada

I don't always get the time to read the info that you send me, however I NEVER throw it out - it goes into your special folder for future times, for when I have the time to read in peace, and feel I need the support - which as you know - is a roller coaster journey and things are never smooth for long!!...[I] look at your advice as a life line in a sometimes very solitary world.

-Sarah, United Kingdom

Your emails have been affirming for me because I have studied a lot about Bipolar Disorder myself in order to be able to support my husband.

-Carol, VA

YES, GREATLY. MY DAUGHTERS AND I HAVE FOUND OUT SO MUCH WE DID NOT KNOW ABOUT BI-POLAR...KEEP THE E-MAILS COMING.[I WOULD RECOMMEND THIS SITE] WHOLE HEARTILY, I HAVE ALREADY RECOMMENDED IT TO SEVERAL.

-Marlow, TX

I can't begin to tell you HOW MUCH your information and experiences have helped me. My Mom is Bipolar and it's really bad right. But, reading your emails makes me feel like I'm not alone...Until I found your web site, I only found the clinical descriptions of Bipolar...the daily emails are great! You ARE MAKING A DIFFERENCE...So... PLEASE, PLEASE, PLEASE continue to make a positive difference in such a destructive mood disorder that can tear a family apart. You give people HOPE! Thank You!...I've already shared your information and web site with the rest of my family...

-Kim, NM

I appreciate all the effort you put into helping people. I fell for you and the life with your Mother, very sad. Thank you for being so honest and forthright...I am reading the material as you send it and I started looking on this site in the first place to get a better understanding of the disease. Thank you for your efforts.

-Dulcie, Australia

...it is still very helpful to learn how fellow humans are dealing with problems similar to those of your own. Especially when it has been successful. I am a registered nurse myself, with over 10 years of practice in a major hospital in Norway, and still I find your newsletters very helpful! Because coming to deal with my mum, who is bipolar, I'm not a nurse, I'm only a frustrated daughter. So thank you David!!!!...I have recommended your newsletters to my friend, who is suffering from bipolar disorder herself. Currently she is the one who has been reading my newsletters secretly when she thinks I'm not paying attention.....

-Kjersti Landaas, Norway

It is helping me a great deal. The free bipolar mini course has taught me a lot. I knew very little about bipolar until this course....My sister has exhibited the bipolar disorder for twenty years...It has ruled our family for many years but no more, thanks to you...Now my sister sees that this is no longer a game, but a very serious matter and now wants to keep stable.

-Jackie, Canada

This is a very informational, ideas, stories ect.. That a lot of people should read I am manic bipolar and I have the cognitive therapy and meds. However the stories and the email I get are good stuff. [to others:] When people need the truth they can get it here, families of sufferers or the persons can feel as they are part of something you feel so alone. I have suffered for 10 yrs and I have all the skills to be productive in still David's stories I relate to them so well it's no doubt that a person glad to hear from David everyday

-Laura, IN

Your information on Bipolar Disorder is very informative and interesting. Even the info that does not pertain to my situation is interesting. I am bipolar myself and my son was thought to be but was later diagnosed with Aspergers. I enjoy reading the articles and glean what I can use from each one. Keep up the good work! [to others:] I would recommend reading these articles if you or a loved one has bipolar disorder. They are very informative and will help you to realize you are not alone and there is help and support out there for you if you need it.

-Melissa Murphy, IN

My son is 8 and in August got diagnosed with being Bipolar. There is some information that I have read from the bi-weekly stuff you do send. I am very thankful for the work you do, and hope to read more.

-Kimberly, GA

What I get from you in email is very helpful...I would recommend this information to everyone. [to others:] I am getting more information from Dave than any other source I have tried. He is straight forward and does not avoid the truth.

-Christi, OK

I appreciate all the hard work you do for so many people you don't even know! I have been sick, so I have been just filing all my emails to read later (which I am behind in at present). But I did want to let you know how much I appreciate you and all you do—such a great effort! Thanks...I would certainly recommend your information on Bipolar to others in need; I know of no other source for so much info.

-Myra, FL

It has really helped me to understand what my nephew is going through. I would recommend anyone who has Bipolar Disorder or knows someone who has to read the information.

-Shirley, IN

I am impressed with your passion and commitment to this disorder... [to others:] Yes - please read David's thought and help. You'll find encouragement along with information.

-Shannon, WA

I am very new to all of this, and your information has helped me out a lot. I have a teenager daughter who has just been finally properly diagnosed, and I am reading everything I can to learn. You have been a great help, and I appreciate you so much!...I would recommend you to others.

-Jennifer, MI

It has helped me to identify the symptoms and to not blame myself for the way this person is. Thank You so much for all your help. Please Keep Up The GOOD WORK!!! IT IS NOT A WASTE OF TIME!!!!

-Elaine, NC

Please be assured that your information is very informative and helpful, it helps to reassure us that we are not alone. It is my husband Brian who suffers from Bipolar and your info. Has given me a greater understanding of what is "normal" about the disorder, and how I can best help Brian... I would recommend your info. to others, it has been very helpful to the both of us.

-Carol, New Zealand

I began researching bipolar disorder about a year ago when I started dating a man who was bipolar and I came across your material on dating and marrying someone with bipolar. I cannot tell you what a lifesaver it has been. Your material is AWESOME!!!...I am now married and I still use your information to help me through situations. If it was not for all of your information I would not have ever taken the time to understand what bipolar is. I believe that God does not give us more than we can handle, but he does give us tools to help us handle situations along the way and that is what you are to me a tool of information to help out. My husband is a GREAT man, and he did not ask for this disorder, but we are handling day by day with your help and we are VERY Happily married. Thank you for taking the time and putting in all the efforts you do!...I have recommended your information to my mother-in law and it has helped her as much as it has helped me. I even have a friend that I work with and her husband is bipolar too, I recommended your information to her and she loves your newsletter as well.

-Lisa, TX

...you have been one of my only “real” resources I have had with my own situation... It is all over the place, and you have been, without a doubt, one of the ONLY things I hang onto for hope in my search for answers and support!!! I cannot get into all the ways you’ve inspired me and my search for resources and aiding in the ability to move forward with this, especially when I feel like looking the other way...I believe I would be one of many, many, that listen to what you have to say, and feel you are ‘FOR REAL’ and can really identify and give useful information as well. That is HUGE in this search for info and support, as you know!!! We “hear” it in your emails! You talk to us like you are talking to a friend, face to face...you even end your emails, “your friend” which really feels like you mean it!...I really look forward to your emails, your info, etc....you have no idea!...We need you...we need your expertise, we need your support...you are straight from the heart...it’s so comforting to communicate with someone so knowledgeable and compassionate! I am so grateful I found you and your website!

-M.J., LA

It was good. I shared it with someone who had bipolar disorder and with others whom I may help.

-Stara, TX

I have enjoyed reading the information that you have provided....I have asked a family member to purchase me your course for christmas....I have forwarded your information to my family to help them to understand the issues that my husband has. And so they can understand what we are dealing with.

-Teri, OH

Well, Dave it has helped me to understand how really hard it is for Bipolar sufferers. That there is so much that they go thru just to try and lead a normal life. Which has helped me to some extent try & understand why what happened with my relationship happened. I just wish I would have known about your course sooner. But yes I think it is a help to others. I know it has made me much more aware of what the signs of Bipolar Disorder are. [to others:] Bipolar Disorder is a very complicated illness & the information that Dave gives helps to somewhat simplify how to deal with those who suffer from it. And I do mean suffer in most cases. The information given also lets you see that a person with this disorder can have hope and they don’t have to end up broke & alone. I would highly recommend this course if nothing more...to help someone identify if a lovedone is suffering from Bipolar Disorder & where to start for the right help.

-Phyllis, LA

The information is great and very helpful...I would indeed recommend you to others and have in fact told a few people how your emails have already given me support.

-Sandra, Australia

This website has helped me understand bipolar disorder and the triggers and symptoms of episodes etc...This is a fantastic website that is informative and helpful in every facet of the bipolar disorder. It is also great to know there is a person who runs the website who cares about people and it isn't like every other commercial website.

-Jane, USA

i have copied your articles and used them not only for my own learning but for teaching tools with family and has helped me immensely,i am looking forward to more of these articles....i have given your site to several others both at chat sites and my dr.s office to other client peers.

-Sheri, AZ

It has made me aware of all the little things that don't seem important but have a major effect of how we think and feel... I have talked to some about your info and seem interested and quite like the info.

-Margaret, Australia

Your materials have been a godsend for me. I found out the day my wife left for good (April 23) that she was bipolar and also diagnosed with schizophrenia. I was heartbroken but it was a relief... Your materials were invaluable in helping me to understand what in the world was going on. I couldn't wait for your e-mails to come each day. It helped me to have an understanding and it's bringing me comfort and closure...I absolutely recommend your information on bipolar to others. The reason I like it so much is that it's not just a website with information its daily updates and feelings and observations by someone who's been there. I could write pages on the impact your materials have had.

-Dave, ID

My wife has bi-polar and i've been forwarding all the emails i get to her...The emails have really made her aware of some of the things she does and why she does them...your articles are very helpful, for me and my wife. I can only speak for us, but we thank you....I would recommend to anyone who has bi-polar or know someone who has. It has been helpful to my family and many more i'm sure as well.

-Kip, AL

David your emails help me to know I am doing the right thing when dealing with my children's father. Being there for someone who suffers from Bi-Polar is mentally taxing on everyone and it would be so much easier to just give up and say it is not my problem than to be strong and help...David I would recommend your course to others because so many people just shy away or shun anyone with a mental illness because of lack of knowledge.

-Donna, FL

I'm still working on it (the Supporter Course). It has empowered me by giving me tools to work with in understanding and dealing with my bi-polar husband. It has put the wind back in my sails... [to others:] Before receiving David Oliver's bi-polar information I was a mess trying to deal with my bi-polar husband...I tried finding information on bi-polar but there was nothing out there to give me any tools to use...I now feel like I'm standing on firm ground instead of being swallowed in the quicksand of this disorder...

-Laurie, CA

Your material has helped me & my best friend. He was diagnosed with Bipolar in November & we both had no idea what it was or how to deal with it. Your mini course has helped me cope & prepare if he ever goes into an episode and it has helped him also prepare for when he goes into an episode and if he ever gets hospitalised...I've already recommended this to all my family & all his family.

-Laura, United Kingdom

Your info has help me understand what I have been dealing with all this time... The info you send is how to deal with a person who is present in the situation...

-Ted, TN

i dont know how i would have handled all of my husbands problems without your advice.. when things are overwhelming i click onto your website and instantly find clarity and relief in knowing i am not alone. [to others:] David Oliver has helped me and my husband with real life information. Info that can be used in daily routines, He has given me a sense of calm. Doctors are helpful and necessary, however not one doctor hasa given me or my husband everydays tools to work and live with. David has made our llife easier.

-Dave, FL

It helps me understand the variability of the moods and actions of a friend of our family. It is very helpful to know how I should react when she "is really off the wall." Thanks again, the information is really helpful. [to others:] Very helpful – you will be happy that you took time to read it!

-Beth, WI

I have found your sites really helpful in understanding bi-polar disorder... It has also helped me to persevere and NOT give up when the severe attacks come. Thank you!

-Gail, South Africa

I You have helped me even though I have only been reading your emails for about two months now. Thank you so very much for caring for other people who want to support their loved ones... Anyone that I hear that has a partner or child who is bipolar, I will definitely pass on your website. In fact I already have to my friends children.

-Barbara, CA

Your material has helped me because you help me see when I am manic and when I am depressive... Because of your information I won't quit trying to find help... I would and have recommended your information to others.

-Cindi, AZ

I've only been getting your e-mails for a month or so now and they have really done a lot for how I have been dealing with my wife. A lot of my stress has been lifted thanks to your daily e-mails... I have recommended your information to my in-laws...

-Chuck, OH

YES! The info I get from you is priceless! My sister Mary is really got it bad... Before now I didn't get involved at all, now I've learned about it and am willing to help, but not do it all for her... I would recommend that people listen to you, you have experience in this field. I know you're not a doctor, Iwa..etc., but the stuff I read does make sense and I understand it, and if I can understand it, I can deal with it. So, thank you for helping us out.

-Shelly, CA

Yes your material has really helped me learn about bipolar disorder and I truly appreciate your time and effort in helping me to learn more on the subject... I recommend your information in fact I forward them to my sister

-Diana, CA

Your information has helped me realize that I'm not alone in my disorder and that it's ok to be different. It's also helped me find ways to deal with problems instead of pretending they don't exist. ... I would recommend your information to others with the disorder as well as those who are supporters of someone with bipolar. Your information helps to shed light on things that one wouldn't typically think of.

-Brenda, NC

YOUR MATERIAL ON BIPOLAR HAS HELPED ME A LOTS BY HELPING ME TO UNDERSTAND SOME OF THE MOODS SOME OF MY GRANDCHILDREN ARE GOING THROUGH, WHEN THEY HAVE A BIPOLAR MOOD. IAM ABLE TO LISTEN TO WHAT IS GOING ON WITH THEM AND HELPED THEM THROUGH THE MOODS WITH OUT GETTING UPSET. THANK YOU FOR ALL THE WORK YOU HAVE DONE. [to others:] I WOULD TELL THEM ALL ABOUT HOW GOOD ALL YOUR INFORMATION IS ON BIPOLAR AND THAT THEY SHOULD READ THE INFORMATION, BECAUSE THEY INFORMATION MAY HELP THEM, ONE DAY IF THEY NEED THE INFORMATION.

-Betty, CA

I have understood my husband better now that I have been reading your posts... I would definitely recommend your info. on bipolar.

-Shannon, GA

Yes, even though I do not have bipolar disorder myself, I do know someone who does, and have learn't alot through your emails about bipolar disorder...I would totally recommed your information on bipolar especially as one can learn alot from you and give help to understand more of what a person with Bipolar goes through.

-Helen, Australia

IT HAS HELPED ME TO UNDERSTAND AND DEAL WITH PEOPLE I KNOW WITH BI-POLAR CONDITIONS. I APPRECIATE THE INFO. THANK YOU...I HAVE RECOMMENDED YOUR WORK TO SOME FRIENDS WHO KNOW BI-POLARE PEOPLE AND THEY ARE HAQQPPY ABOUT IT.

-Antarah, CA

Your info has helped me a lot in understanding my boyfriend who has bipolar. Now I am seeing the patterns of it and know what's coming next...Thank you for what you have been sharing with me. I think it is going to save a relationship that I thought was hopeless...your info has got me recognizing the pattern...Without the info, I thought it was just him. But now I realize it's his brain disorder and he really can't control it on his own. I did help him find a different doctor and I think we're on the way to finding the right med combination. It can be so frustrating, dealing with bipolar. But having the right information can really make the difference when trying to cope and help the person through it...I would definitely recommend the course...the free info has been so very helpful in rescuing a damaged relationship, that I know the full course would be of great value. Thanks Dave, for the work you do and the info you share. You really do make a difference in people's lives.

-Cyndi, WI

Your information that you have sent has been a real learning experience. It is my daughter that I am trying to get help for... I thank you for your info very much... I would highly recommend your information. I think it would help those with the problem.

-Paula, TX

I came across your site whilst looking for more information. My sister has BiPolar which has been diagnosed for a couple of years but she has only acknowledged it within the last year... Having done some research and reading on BiPolar, I am a firm believer in knowledge is power and to know what you are dealing with helps tremendously and that is why I had to write. I have found your information very helpful. I forward your emails to my parents, who I know find it difficult to understand but they are learning about BiPolar and are very supportive. [to others:] I have found David's information and experiences very comforting and helpful... it is never a waste of time to read something about a loved one's illness and learn how to be supportive. It is always nice to know you are "not the only one" and that there are others who are suffering too.

-Sam, United Kingdom

You are doing an amazing job... You've done a wonderful job in talking about how a bipolar can lead a normal life through a support group... Your materials have helped me and continue to help me...

-Juhi, India

I find it very intriguing. I have been diagnosed for 6 years and find the information compelling and supplemental to what I already know about the disorder... I find the information supplied very helpful especially for those who do not have much familiarity with the disorder.

-Bonnie, USA

...my eldest brother has BPD1, so the info was helpful for his situation, although his is not as severe as your mother's... Overall, it's good information.

-Heather, MA

It has kept me feeling validated, updated, more solid on what I already heard, more clear, more organized, more empowered, more calm more of the time. It (the disorder) is so very complex it's nice to read little at a time, it's kept me more let's say sharply focused on keeping track specifically on her behaviors and the changes, etc... I have recommended it to my sister, I've forwarded your e-mails, some parts of them to my sister to help her better understand it. If I were to meet others with it, would recommend it!

-Jaime, CA

My son has just been hospitalised for the first time during an episode... When he comes back to earth fully, I know reading your material will help him greatly to understand what's happened, as it helped me...I will definitely recommend your information to anyone dealing with the condition, including the rest of my family.

-Margaret, Australia

...I read all your e-mail you have sent to me. I have saved everyone of them in a folder with your name on it, just in case I ever want to refer back to one. By just reading your e-mails, I have learned to pick up on how to cope with a person who is Bipolar. Not only that but I have learned from just your e-mails on things I should not have been doing in handling a Bipolar person, especially when they go into one of those episodes...If you have someone or know someone that is Bipolar and you are supporting them, your material is the perfect thing for them. Even if you do know someone or supporting someone that is Bipolar, they should read your material anyway, because there are more and more people being diagnosed with Bipolar and one never knows when they might run into this situation and have to deal with it...I would certainly recommend your information on Bipolar to everyone and most especially to some doctors who are not familiar with it.

-Billie, TX

It's made me more mindful of things to look out for both within myself and others whom I may be relating to. Overall I understand the value of this resource material and am very grateful...I've recommended this website to several others supporting people with bipolar and also to a counsellor of my own, as I recognize I have my own issues also from time to time that I need help with.

-Anne, Australia

Even your e-mails have helped me understand my 20 year old daughter and my mother in-law... I feel the more I learn the more I will be prepared for [my daughter's] next storm. My mother in-law has been through everything your mom has (and still questions if she has bipolar disorder)...I have forwarded your e-mails to help others understand.

-Donna, FL

...I look forward to your emails, its like a friend is encouraging me every day... [to others:] I really believe Dave helps people with Bipolar and Supporters. I'm a Supporter, and I really need this help. I look forward to opening my email every day and getting inspired, encouraged, and laugh a little.

-Kathy Basile, IL

Thanks, I have a much greater understanding of bipolar and have been able to help my friend so much ...I forwarded your website details to my friend and suggested she read it

-Rachel, United Kingdom

Your Material's has help me to cope with my illness very much. I didn't know so much about Bipolar till I read your stories. You Are Awesome like an Angel that is trying to help other people with this Illness! :)...I would suggest my friends and other people that You are the Best supporter and a great person! you give out some good info about our illness,i myself had and didn't think other experience the same. :)

-Rosalinda, TX

I think it has a lot of good and info. if some one has not had to go through it they really dont know it also lets people know they are not alone their was one thing you said at one point about saying no and being a little agressive or just sanding your ground i ment that really helped me...if someone is fealing its hopeless and just want to give up dont my husband is bi polar it has not been easy but we can make it this info. you give is helpful

-Lisa, OK

I have a friend that thinks she might have bipolar and has a son that has been diagnosed with bipolar! I know she really likes getting the email, she is very frustrated and really needs help. She does not have a computer so she uses mine and I also like to get the information as I knew so little before... I think it is wonderful that you take the time to do this. Keep up the good work...I checked on line for some information about Bipolar for a friend, that is how I came across this course of yours. [My friend] does find this helpful and she said she would recommend this information to others...Finding this information online was a gift!

-Kate, Canada

I'm 40 years old and finally put 2 & 2 together. My counsolor missed it even though I've been there 8 yrs. We just kept changing my antidepressants. I had a really bad episode & it wasn't anything I felt or wanted. After thinking about the time before when I went off the wall and past experiences even back to childhood, I saw a pattern. I searched the internet to find answers and found your website. It has informed me very much. I forward your emails to my girlfriend since my actions really hurt her,our relationship, and the relationship with her family. You help us to understand what happened and how to try to prevent it from happening again. I don't get alot of time to read but I try to read my emails from you at least everyother day. Thank you for your insight.

-Tracy, ND

You do a great job! Keep up the good work!...Many thanks for all you do...If I should come in contact with anyone (outside myfamily) that has a relative or friend with bipolar, I will definitely recommend your work.

-Joanne, NY

My brother-in-law has recently been diagnosed as bipolar...Your material is helping everyone in the family, including my brother-in-law, on what signs to look for and how to respond should he get an episode. Everbody is making a real effort to positively support him and so far he has been clean for 60 days and the bipolar episodes is fairly under control. Thank you once again for the reading material, it is informative and does help with guidelines about his problem.

-Frank, South Africa

It has helped me understand the disorder more completely (and I am a nurse). It has given me much support knowing others are having their lives disrupted like mine and that is comforting to know... I already have recommended your information to a dear friend who is dealing with the same issues. I have passed along your info to her.

-Connie, MI

Your information is helpful to me. I live with my boyfriend...Your information has helped me to further understand his sickness and my reactions to it...You have helped me to understand that at times I expect way too much. You hit it on the nose when you said that we would not expect a person who had a stroke to get up and walk the next day, or something like that. I guess most of all your information has helped me, not him...So thank you, and please keep the emails coming!!...I would definately refer other for your information, if they are serious about gaining knowledge, and not expect you to fix them or their loved one.

-Donna, IN

I have gained more insight to this mental disorder, than I ever knew before. You are doing a great job!...I have enjoyed your emails. They have helped me to decifer if my loved one has this disorder.

-Elaine, CA

Having been diagnoses with Bipolar/Manic Depression myself, I think that this has been very informative, and can help not only the person who has this illness, but also the people who live with us. It is a very difficult illness to have, and very unpredictable in that emotional roller coaster ride we are on... the information that you share can help other's to understand the complexity of the illness, and how or what to look for...This information can help you to look for signs of an onset, and perhaps how to make an educated decision to walk away at that moment, or to console.

-Ellen, MI

I am bipolar, but i subscribed to the “helping a loved one” type of email because i wanted to know how my boyfriend should handle this stuff, and how i should let him know how i’m feeling. It has helped me see my own manipulative actions in other people, and i understand now that , even if i do go into an episode, there is no “grand element” thing he has to do, or some loud, obnoxious way to be strong, to quiet me. To ignore it is best, and you’ve taught me that...It’s honest, candid, and a real-life experience. It’s good, much better than scientific explanations on how the brain works.

–Leona, MI

It is helping me to understand what life is really like for my daughter. you have given me a lot to think about with your own experiences with your mother and employees, especailly the one about you getting angry at the computer and your employee didnt want you to think her meds needed changed. sometimes my daughter feels like if she gets angry about something i will rush her to the hospital or doctor for more meds. I have and will continue to send your emails to some of my new friends because they have some of the same problems that we do. Thank you so much for your emails they really help. i just wish that i had found you a long time ago.

–Pamela, MO

I have had tremendous changes happen for the better ever since I ran across your website and sign up for the newsletter. My wife of 6 years has BP disorder and the material you provide is priceless. You have helped us beyond belief. I’m saving up for the Master’s Course... I thank you so much... and I want you to know that you are appreciated. [to others:] David Oliver’s course regarding coping techniques and strategies along with general information about mental health is exactly what my wife and I needed. He hits the nail on the head every time and has proven to our family in a short amount of time that there is hope for families caught in the grips of some horrible disorder. David, you are a good man and I thank you for what you are doing for the lost and confused, the frustrated and overwhelmed.

–Alfred Menchaca, TX

I love getting your emails, because I can see you going through the thinking processes. I always thought I was the only one trying to analyze this thing called bipolar along with daily life itself. Now I know I am not alone. I always tried to follow the advice of those who had no understanding. Now I know that is just silly... I have recommended that my whole circle of family and friends sign up for your emails. Together, maybe we can become a united force to cope with bipolar among our ranks. Maybe, together, we can recognize it for what it does and see through it to the people we love.

–Vicki Sengele, TX

Hi, yes, your info has helped alot. It's helped me understand my son and why he's had all of the problems he's experienced. When you're writing it seems as if your talking about my son... Yes, I would recommend you to others as a matter of fact I gave you my daughter-in-laws email and she reads all of your info.

-Jeanne, ID

I bought some copies of your booklet "Everything you want to know about BPD .." which I plan to give to close friends and family, so that they will understand why my new relationship is a bit unusual. also the article about not being ashamed of someone with BPD was very helpful, and I may give them that too.

-Maureen, Great Britain

David your bi-polar information is of great value to anyone with an open mind. I have been suffering from issues for most of my life that were without answer until your material became available. My wife and I read each letter from you together and beginning with the very first one we began to see a pattern. Turns out both our daughter and myself show serious bi-polar symptoms that I have now been able to deal with. Keep up the good work... I have recommended your efforts to several of my friends as well as my daughter's husband... Others have also expressed thankfulness for having turned them to your information.

-Billy, Alaska

Mostly your daily emails have helped me to understand what/who I am dealing with and how to better help my boyfriend. He is undiagnosed, but I have a stepmother with BPD and 2 close friends whose husbands are bipolar. I've been talking to my friends and sharing your info with them, we are becoming our own support group. I forward some of your emails to them and we are all learning together... Your information is Real Life oriented and solution-based without being sales or product oriented. I think support people who educate themselves (like through your emails and probably your course) are the best source of help for bipolar people because they have far more experience than the professionals who treat them, just because of the daily life and time spent with the bipolar person.

-Lory, Canada

I just want to let you know that your article is really a great help. I really appreciate people who has a big heart for our brothers & sistres who are mentally impaired. I sent most of your articles and information to my friends. ... I already spread out your information to others especially to those families who's member are having bipolar problem and to those who are helping.

-Lorna, Philippines

I can't begin to tell you how much your information has helped me! I was recently diagnosed as bipolar, but was given no definition, or explained what was wrong with me... Since reading your daily e-mails, I am starting to understand what I'm doing wrong... I would definitely recommend your information to people. In fact I told my "case manager" about it. I think it is very informative, and it's like hearing from a caring friend.

-Ruth, AZ

Your material on Bipolar Disorder has given me the research information and the helpful info to help my son, who has Bipolar Disorder. It makes you feel someone out there cares and takes the time to e-mail you the info daily. Thanks for your help and your daily e-mails, Dave... If, and when, I know of anyone else, other than my son, that has Bipolar Disorder, I would surely recommend your mini/course and site information to them. It's been most helpful, informative, in preparing a person to know how to be a good supporter to your love one that has Bipolar. The do's and do's nots to look for and to plan for .

-Linda, GA

Dave,

I can tell you that before I got your course I was confused lost and didn't know what to do. Now I at least know what to expect and not expect... You helped me understand what I was thinking was right. The bipolar needed to be addressed... I got both your courses for him (which) he read and I he says he gets it. I got the course for me, and I get it, but this whole thing as you said, can be so overwhelming... Your e-mail even if they don't match what I need makes me feel connected to someone who understands and knows what my life is like. You keep me sane! Thank you for taking the time to help others just trying to care for someone with this illness.

-Patricia, MD

...I have used a lot of your information. I have a daughter who is Bipolar. Her father is to... You have to stay on a program and hope your loved one follows it. I want to thank you for sharing your information... Yes I would recommend your information and I have shared it with family and friends. THANKS!

-Cindy, WI

I would absolutely recommend reading your... emails to others. In fact, I forward them to my mom, my husband and my friend Dianne everytime I get a new email. Occasionally, I forward them to colleagues just to remind them that our problem patients are not making our lives miserable on purpose. We forget in pharmacy sometimes about the actual disease we are treating.

-Keri, NC

I don't read every single one..but i save them in a file called "helath info"...I do appreciate your newsletters..and save them all...you re a good man...keep up the good work...

-Marie-Michelle, Canada

I enjoy your e-mails. They help me remember things I know but forget, and I like your humerous writing style...though the subject is not humerous. If we cannot laugh at some of the absurd things we have to deal with, we will be the damaged ones. To me, you seem to be a caring friend!... I have reccomended your information to others...it doesn't require that one is dealing with a bipolar issue. Any kind of craziness will do!

-Nola, AZ

I look forward to [your emails] every day you dont know how much you have helped me.It helded myHusband to get help...You are doing a great job and helping alot of people. Please keep it up.WE NEED YOU AND YOUR SUPPORT TO HELP THOSE WITH BIPOLAR AND HELP THOSE THAT ARE BIPOLAR.You just dont know all you help. Even if it was only one person,is still a great help... You bet I would recommend it to others.It has helped me a great deal its almost like a life line.We need it.Its a God sent to all of us. It makes the long road better to walk on with those that are Bipolarand the loved ones that are bipolar.I thank you so much

-Pamela, LA

Dave, I have ordered your course and it helped me to realize that I have taken my husbands episodes personally in the past. It was very refreshing and gave me the energy and understanding to move forward with our relationship. I look forward to your daily newsletters, I usually get a good chuckle. I like your sence of humor...I have recomended your course to my sister and I am going to pass the info on to her to read. We have several people in our family with bipolar disorder and it will help everyone who cares enough to take the time to read it.

-Rachel, WA

The information you have presented in your emails has truley been beneficial to me in numerous ways. I am working with my doctors to find the right combination to make my life more stable. Your emails have given me a better awareness of just what I am dealing with. Also, the knowlege that I need to make better decisions... I definatly would recommend your information, that you so freely and graciously share with us to everyone whose life may be touched by Bipolar Disorder. You share such a enormous amount knowledge and for that I am grateful. I have been helped so much so I would freely recommend your work in this feild to everyone I think would benefit.

-Beverly, ME

Your material has helped me greatly...i typed in the word Bi Polar and got your response about 5/6 weeks ago. NOW I UNDERSTAND AND I HAVE CHANGED MY WHOLE APPROACH, gosh! It has made a positive difference, thank you so much. I continue to look forward to my emails now because i know this will be an ongoing excercise.

-Lorraine, United Kingdom

Dear Dave, I originally signed up for your information because a friend's bipolar, grown son. I am also part of a support group for families and friends of alcohol and drug addicts. The information you provide has helped with both, as they have similar strategies for supporting (not enabeling)a loved one. This just helps reinforce my growth and strength. Please continue your work. [to others:] The information that is given by Dave can be very valuable. The key is to read it, try to keep an open mind, and try to understand what is being said. Then all the information in the world is useless if it is not used, on a consistent, regular basis....There are no quick fixes. There are no mighty miracles. But, if day by day you persevere to learn and grow with this information...you may actually see some tiny little miracles happening.

-Melinda, PA

i am bi-polar its nice to finally have someone who understands me and ur course is helping my relationship cause i print ur e-mails and let him read them u r helping and for that i thank God for u and ur e-mails...it would help [others] understand that this is trully a horrible illness cause ppl who have this like myself live in a personal hell. especially if not medicated right.

-Barbie, OH

I ordered the material in hopes to help me help my son who was diagnosed with bipolar at the age of 17, he is now 21 years old. I am his main supporter with a lot of help from my mother (Thank God!). After 4 years, I understand a lot of things that my mother doesn't. I have given her the material I have already read. I told her it may not help him (my son), but it will help us understand a lot of things and how to deal with them. I think it is very important to have as much knowledge as possible about something that has such an effect on an entire family. Your material has been very beneficial to both my mother and me. Thank you for all that you do!...I would and have recommended your information to others. I have shared some of my materials with 2 friends that have family members with bipolar disorder.

-Debra, GA

My son was diagnosed 5 years ago at age 16 with bipolar...Your daily emails are positive, sometimes humorous and very helpful. I haven't deleted any of your emails as I am saving up for the course and find them helpful. Keep up the great work!

-Gayleen, CA

Your stories and extensive experience has helped me understand my friend better. I really thought he was only looking for sympathy and aid before reading your material. I thought he could work if he wanted to. Now I understand the scope of bipolar illness and his life long struggles. [to others:] This information has illuminated my understanding of bipolar illness. I highly recommend reading David Oliver's materials.

-Margery, MA

You have helped me to understand and cope with issues I've been dealing with for quite some time...your information, stories, suggestions, and commentary have helped me put a perspective on my relationship with my wife that I don't believe I would have otherwise had. While I'm sick she is leaving me, I can understand what has happened and is happening with a new-found clarity. It is helping me in this unfortunate situation to be able to move on.

-Tyler, WA

Dave,
You have helped me a great deal in dealing with a very dear friend of mine who is bipolar. Thank you very much....I have recommended your information to others. It has been most helpful.

-Nova, NM

You have given insight on how to deal with my mother...Thanks for everything you are doing - if I lived closer or had to deal more with my mother, I would find your information and assistance invaluable!

-Jennifer, TX

Dear David,
I am the significant other of someone who suffers from BP. I wish I could tell you that since I found you he has accepted getting help and we are now living happily ever after. Unfortunately, that is not the case. As you already know, BP is a lifelong battle and we both continue to struggle. I have read all the clinical mumbo jumbo and there is no comfort to be found there. In my moments of helplessness(and there are many!)... it is YOUR words that give me strength and hope. Without you, David, I wouldn't have the courage to face all this.

-Jodi, IA

yes your material on by bipolar has helped me my ex partner of 13 years has got bipolar he is all the things u have said to me he lies even nowing hes done wrong now i no that there is something wrong with him i will try and get all the treatment i can for him thank you for your help

-Renda, USA

My wife is bipolar. I had her arrested after an episode over a year ago. Having her out of the house for the past year has been pure joy for my children and I. However, I still love her. Your e-mails have given me clear, helpful insight into bipolar and has given me the hope that we can start our marriage all over again....but I refuse to go back to allowing bipolar to run all over me and ruin my life. [to others:] David's information is practical and useful and, most of all, helpful in giving a spouse of a bipolar individual the courage to become a supporter of their bipolar spouse.

-Dave, NY

The information is interesting, I feel it gave me the knowledge to understand my son. One of your columns said that they can't help their disease, but they can't fix it either... Thank you for your work on this matter.

-Connie, CA

I'm learning a lot about my husband and what I have to handle, so I do appreciate the emails... There are so many confusing bits of information out there that it helps to read the newsletter and get accurate information.

-Bridget, IL

I am the husband of a bipolar wife. It helps me to understand better what she is going through and to be patient with her... I have not read a lot of your material due to my time constraints. What I have seen has been beneficial to me.

-Bill, FL

It has helped to understand it better and I am trying to help my fiancée and her daughter with the disorder. The information that I have received will help me to help them.

If it wasn't for me trying to look for information on bipolar disorder I would still be scratching my head and wondering what on earth I do to help my fiancée and her daughter [who] both have bipolar. When I first knew them I didn't know what to do or how to help them, but with the information that I have received on bipolar disorder will help me to help them.

-David, Scotland

Well I think it's a good source of information for those who seek it. It gives you insight on a problem you may be unaware of. You never know who might have it... So, if someone you know has any of these symptoms of Bipolar, you could talk to them about it and try and get them to agree to see a doctor for a proper diagnosis. Dave's information tells you a lot about the symptoms and what to do.

-Susan, Canada

Yes, it has helped. My sister in law had the most weird mood swings and I was wondering if it was bipolar or not and that's why I joined this website...This website helped me to put things into perspective, I printed everything and maybe in the near future I can put this to use to help her in some way...I think the only way that you can help others to overcome this, is if they admit that they have a problem and then taking you're advice. But admitting is the hardest part of bipolar so good luck with you're website—I wish you the best.

–Ramona, South Africa

Over the past three months or so, I have struggled with the decision to continue dating someone who I care deeply for or break things off because he has bipolar disorder. With the help of David's informative newsletters, I have decided to continue dating this incredible person. I have not only learned about Bipolar disorder, but I have learned about the symptoms, what to do if an episode occurs, and other critical issues that coincide with Bipolar disorder. I have learned to look at my loved one for the person he is and not the disorder that he has. After all, I did fall in love with him and not his disorder. David's website and newsletters are incredibly helpful and if it were not for his information I would have lost an incredible person that has truly blessed my life! Thanks David!! [to others:] I would recommend David's information to anyone who is interested in learning more about Bipolar Disorder, has a loved one who suffers from Bipolar disorder, or if you just need to learn how to deal with the disorder. David's newsletters are extremely informative and you have a chance to read other people's success stories along with David's personal experiences. David's information has truly helped me and I strongly recommend it!

–Emily, AL

i dont have a sucess story for you but please dont stop the e-mails they help me so much. im really looking foward the the next one...your e-mails are helping me understand myself better. thank-you so much.

–Jenny, New Zealand

I've learned alot about By Polar. Things I would have never known. Thanks for your site...I would strongly recommend your site.

–Maria, CA

Just by reading the mini courses, I now at least have some sort of understanding how it affects someone I care about. Nobody has all the answers but at least we have direction and patience. ^Thank you.

–Robert, NJ

I think your letters are wonderful. I don't have Bipolar. But my son-in-law does . It has help me understand why he acks like he does. Keep writing them.

–Shirley, NV

Hi Dave,

I am brand spankin' new to your site. My sister is bi-polar and her swings are getting worse ...I finally realized I need some tools and skills to help her. I am still learning about bi-polar and appreciate the information I've found on your site and received from you via e-mail...Please continue your hard, earnest work—it's helping so many...I have mentioned your website on many occasion to other family members who are just as frustrated.

-N.G., MN

I take things that apply from you letter and just educating myself with information from all sources helps to cope with things better. As an old saying goes, don't throw out the baby with the bath water. Take care and carry on.

-Connie, MO

your letters have helped me so very much...your letters are the only advice I have.please don't stop. you tell me what to expect. i am prepared. [to others:] David provides REAL sensible information on this terrible devastating illness and hope for all.

-Ramona, CA

Right now I'm subscribed to your newsletter only. I so look forward to the encouragement that comes with each one. Something about the "relational authenticity" that completely transfers in your writings gives me such a connection with you; one which only comes with walking in my shoes. [to others:] I dare you, like I did, to surf the web and find anything about Bi-polarism that you can actually relate to other than Dave Olivers material. If you're sick and tired of psycho-baboo and clinical drawl that makes your already dizzy head continue to spin; than start by getting happily grounded AND learn how to step away from chaos into a plan for some peace in your life. Read anything you can get your hands on he's IN our shoes!

-Terri, TN

YES, I WOULD RECOMMEND YOUR INFORMATION TO ANY MENTAL HEALTH CLINIC, IT IS VERY WELL WRITTEN, AND RESEARCHED, AS A HEALTH PROFESSIONAL, I AM VERY IMPRESSED!

-Nancy, PA

...last year i found out that i am bi -polar. when i found u'r web site i got excited! you have helped me in many ways.i take lithum to help with my moods, i gained weight but i feel great, but i also date a man that we think is bi-polar, so your information has helped me lots!! thank you and don't give up because we need you!!...i have gained information from you and have halped others!!

-Sarah, Canada

Please keep on; I know far more now than I did before I started reading your emails. At least now I think I can tell when it is my loved one talking and when it's the bipolar.

-Beryl, Africa

The information you have sent me has helped me understand the illness much more. I now know the symptoms and causes and what I can do help myself and others with the illness. I know that I can't help this illness and that it isn't all in my head... I have recommended you to my sister, who like me displays the symptoms but hasn't got a diagnosis. I think your work will help her a lot.

-Fiona, United Kingdom

I would recommend your info to anyone who was looking for help and wanted to gain further info and useful tips for dealing with bi-polar

-Dee Downie, Australia

It has helped me be aware of the vastness of the Bipolar Disease. That it doesn't happen to rich families, poor families or any particular group of people... I would read your recommendations before I would listen to Doctors, who do not know or care about Bipolar Victims & their families, Policeman, who think Bipolar Individuals are "just drunks", and my friends and family, who are really not there for me. If I have a bad day & I e-mail, Dave, I get another newsletter, another avenue.

-Pat, TN

actually iam the one with the bipolar and its helping identify feeling about my self. i like your messages and i wish you can still send them to me.

-David, NY

david i was at end witz with my wife... and filed for divorce, knowing that i still loved her. after explaining divorce to friends... a few said bipolar not knowing much about it, i started looking for info. well low an behold david oliver pop up, i read the screen an call you, i couldnt figure out how you new so much about my wife. iam not a rocket sciencest but when someone knows more about my wife then i do i want to why. wasnt hard to purchase the corse at all. and david when you said it takes a lot of hard work, what a understatement! but come on lets face it love and hard work go hand & hand. at this short time i have dr appt set up for early aug an believe me he will read your info before seeing my wife. and david as far as your emails an course ,well it would have been divorce court in aug for me, you have given me hope and educational support. keep up the good work

-Russ, FL

I have a girl friend who has bi polar and the information you provide helps me to better understand her and why she does what she does. I love her and that means I want to help her. And knowing more helps me to be strong and together get through the crap that can sometimes happen because of the disorder.

-Paul, WI

I knew nothing about bi-polar! I still feel it's much more to learn, but you have helped me to look for symptoms, and that I thank you for... I feel all people should be able to recognize the symptoms, especially teachers so they can help the parents. Doctors when they do physicals should have a questionnaire that the parents fill out before the physical asking some of the leading questions, so it could be recognized sooner. You are trying to get the message out. Thank You

-Gail, OH

I had never heard of this disorder and was very grateful to you for helping me to realise that this condition is more widespread than people may realise. I'm relieved to know that others are going through this and greatly appreciate your information. When I'm real down you give me inspiration to persevere as you have. [to others:] Here we have a gentleman who has selflessly overworked himself to help others that have endured experiences that most cannot imagine. He provides regular e-mails purely to help sufferers of Bi-polar Disorder. He had no reason or incentive to other than to try, constantly, to help others. I do not imagine there are many like him and the world is most certainly a much better place for a man of his calibre. Thank you David

-Claire, United Kingdom

As I wrote you no long ago, I'm so happy vor receiving your information about bipolar... It's helping so much to one of my grandson... [to others:] I strongly recommend Dave's Bipolar information to all who wants to help people with bipolar disorder.

-Guillermo, Peru

I think your information is excellent and it has helped me to understand more about this disorder.

-Ron, NE

It has given me a greater insight into the disorder and has made me reflect on myself as being the possible family link... I admire you for will to persue reasearching the disorder for one and all for no finacial gain. Thank you for generosity and compassion... The information provided if nothing else gives one a insight into the disorder so one can cope and assist the unfortunate ones afflicted with the disorder.

-Gerry, Australia

...I always read what you email me- i'm always looking for answers. your info is a good source.

-Margie, CA

David,you are an inspiration to others to give of themself to help others to a cause they feel passionate about. This information is priceless. I believe this information could help therapists both inpatient and outpatients to work up service plans to meet each individuals needs.It is a blessing.

-Linda, OK

I guess I'll start by answering your question as to whether or not you helped me. Did you wave a magic wand and fix my life? Of course not. What you did do is give me some information I didn't have before that gave me a little more insight and understanding. That was nice and helpful etc. That is not how you helped me though. You made me realize that I was not alone. That there are a lot of people out there who are going through the same thing I am. Does that fix it? No, but I gotta tell ya kidit sure as hell makes things easier sometimes... I guess all I have left to say is Thank You!!!...I would highly recommend the information I've received. It is insightful, informative, and extremely helpful.

-Dee, NY

It has helped me see that others are going through the same as me. It has also helped me to deal with my situation... Very helpful in understanding Bipolar.

-Mark, TN

I was diagnosed with bipolar 2 month ago - I fought with it all my life, without knowing what it was, no doctor ever told me. I am 66 years old and finally found out. Your information helped me a lot to learn how to deal with it... But the information you sent was very helpful - Thank you!...Good, helpful information. It makes you switch on a light bulb!

-Erika, WI

Your material always seems to be exactly what i need to know about that week to help me understand what my boyfriend is going through. I have to tell you that i firmly believe that you personally have saved my relationship with the man i love. So thank you. [to others:] If you or someone you know is emotionally involved with someone who is bipolar please check this out. The most important thing about being there for someone with bi-polar is to understand the disease. This workshop has helped me in so many ways and i know that if you spend just 10 minutes a day reading these e-mails you and your loved one will see the difference in your relationship due to your new understanding of what they are going through.

-Dana, NY

your information has helped me understand my husbands disorder alot more and make the people and family around him understand too.you also helped me to find out other information i needed as well and services and how to deal amoungst all the confussion when i could not find information, services and general answers. I may not be a success story, but we will keep battling on! Maybe one day my husband will be!

-Tracey, Australia

I participated on your teleseminar which was held last week. I found the information to be helpful in knowing what the characteristics are of a high-functioning person wich Bipolar Discorder. Now, I have some specific areas that I can help my son focus on. I appreciate the weekly emails; which provide the link to current issues regarding this illness...I would recommend your course to anyone who is new to dealing with Bipolar Discorder. I think it will help them fast track the learning process and decrease some of the struggles I have experienced in dealing with my son.

-Deana Mahomes-Peoples, GA

I would recommend the free mini course to someone who does not have any knowledge of bipolar disorder.

-Susie, LA

Your information is worth more than words can express. Wisdow and understanding that you gain from all your emails is priceless...Your information has helped me to keep my son out of jail.

-Jim, NJ

David, what you are doing DOES make a difference..I received my order and started reading immediately. Thank you! Your course has all the information and resources you promised. I am an internet research specialist and info junkie. I searched and searched the web for information but did NOT find ANYthing close to what you have in your course. Worth every penny! I was desperately trying to find information on "what/what-not to say when person is having a manic episode" Real information on how to support/deal-with, co-exist with a spouse who has bipolar disorder... Listening to the tapes and reading the materials has been a great source of strength for me!...Thank you for all the amazing information you provided in your course. It gives insight to many other behaviors not just bipolar...I received my order and started reading immediately. Thank you! Your course has all the information and resources you promised. I am an internet research specialist and info junkie. I searched and searched the web for information but did NOT find ANYthing close to what you have in your course. Worth every penny!

-Debra, NH

David, It has helped me, helped me to understand so much more than I had previously known. My son apparently was diagnosed last year with Bipolar Disorder. He has had serious anger issues for years...It has been through your information that I realize it is his illness that is talking [when he is angry]. I will continue to read faithfully, and hope that someday with counseling and medication he will feel, act and be better."

-Lyn, MI

I think it is fantastic. I am finally understanding my brother in-laws illness and know what signs to look for. I can now also talk to him about his depression and manic phases and know what i am talking about instead of guessing...David, i can't thank you enough for helping me understand whats going on in my loved ones mind and i encourage everyone to try your course and see for themselves.

-Natalee, Australia

HI THERE SINCE I GOT HOLD OF DAVID OLIVER AND HIS HELP ON GIVING ME INFORMATION ON WHAT BIPOLAR DISORDER IS IT HELPED ME AND MY EX HUSBAND ALOT TO UNDER STAND WHY HE REACTS SO SINCE HE GOT THE INFORMATION FROM HIS DR TELLING HIM THAT HE HAS GOT BIPOLAR,IF WE HAD THE HELP 12 YEARS AGO WE WOULD HAD MUCH BETER LIFE NOW DAVID REALY MAKE'S THINGS CLEAR AND HELP'S US A LOT...IF YOU NEED ANY HELP UNDERSTANDING BIPOLAR DISORDER. ASK DAVID HE CAN HELP HE HELPED US AND WE WILL ALWAYS BE GREATFULL FOR WHAT HE HELPED US WITH UNDERSTANDING BIPOLAR.THANK YOU DAVID.

-Lindie, South Africa

DEAR DAVE I HAVE READ YOUR STUFF ON BIPOLAR DISORDER EVERY EMAIL AND I DID HELP KNOW ABOUT THE BIPOLAR WHEN I FIRST FOUND OUT THAT MY CHILDREN HAD IT I WAS SHOCK AND I DID KNOW HOW THEY GOT IT BECAUSE I NEVER HEAR ANY THING BEFORE IN MY LIFE ABOUT BIPOLAR DISORDER BUT SENT I HAVE RECEIVED THING ON BIPOLAR I HAVE LEARN ALOT [to others:] DAVIE NEW LETTER ARE VERY HELPFUL WHEN YOU NO NOTHING ABOUT BIPOLAR DISORDER AND NO ONE ELSE TELL YOU OTHING ABOUT IT I HAVE BEEN ON OTHER WEB SITES AND DON'T REALLY XPLAIN ANYTHING ABOUT THE DISORDER

-Rita, NY

All of the information that you have sent to me has helped me to understand my sister that is bipolar and has been for years. It also has helped her understand the things that have happened in her life. Everything that you have sent to me, I have copied and mailed to her. [to others:] All of David's information is well worth reading to help understand bipolar. I am sure that his program would be very helpful to all.

-T. Brown, WA

It's been very helpful to us. Please don't stop...I have given the information on your website to my Therapist so she could look at it.

-Allan, TX

I now have custody of my 16 year old sister, she is bipolar i did not know much about the illness even from what the shrinks were telling me, i was having a hard time handeling her...since i have been reading your emails i have learned more about the illness and have decided not to give up on my sister everyone els has and i refuse you have great info and i hope you continue with this site...I would say you have given me more info then the doctors have...your course has helped me with understanding my sisters illness

-Tina, AZ

Any information that helps me better understand my son's illness is helpful to me...When dealing with mental illness, it can be difficult to wade through the massive amounts of information available and to discern which is valid and which is not. You have done that work so it is one step closer to a better understanding of Bipolar disorder as well as ways to help my son & myself cope with his illness

-Kathryn, NJ

Your information is by far the most extensive and informative that I have found and I have a lot of info on the subject. I bought your materials and participated in the teleseminar and it is the best information because you offer solutions and answers and that is what I was searching for. THANK YOU DAVID, I was skeptical before my purchase but I was also desperate and I am very thankful I have your materials. You are an authority on the subject of bipolar and gave me answers with solutions, thank you!

-Robin, FL

Your material is useful to everyone...I have a bipolar mother and husband. While nothing can take away the pain of dealing with a loved one and this illness, information like yours can help in dealing with it. [to others:] Any information on bipolar illness should be welcomed. This is a complex illness and people need to band together, share stories, and help each other understand what it is and how it affects the lives of people around you.

-Maria, CT

well, it makes it easier for me to explain my mother's illness to other's...especially my younger brothers.. so thank you...I definately do recommend you send the info to others... it might not helphem now but it definately will in the future...

-Wasielah, South Africa

Yes, thank you David! I suspect my husband has Bipolar Disorder, and I just needed some sort of information. I didn't know where to turn, feeling all alone. Never knew it had a name, but we need help, because he denies he has a problem...I would very much recommend this information to anyone like myself just seeking some information.

-Brandy, PA

yes the material you sent me has been a great help to me. keep up the good work....YES I WOULD TELL EVERYONE I KNOW ABOUT YOUR PROGRAM IT IS BEEN A GREAT HELP TO ME AND I BELIEVE IT WOULD HELP OTHERS AS WELL.

-Ken, TX

It has helped in identifying possible symptoms to look out for...I would [recommend it]. It prompted me to actually go and get a professional's diagnoses and not write it off as mere behavioural problems.

-Janine, South Africa

Yes it has been very informative...I would definitely recommend your information.

-Michelle, ME

"The material on Bipolar Disorder has been very helpful. There have been many things that I did not know before I began reading these articles...I would absolutely recommend this information to anyone. It's almost like having a support group, someone who understands what's going on. I have even started to notice signs of my husband's moods.

-Angela, IL

Dave, this information has been quite helpful...take care and keep up the good work...

-Laurie, CA

when I was just diagnosed with Bipolar Disorder your material gave me lots of information I was looking for and the stories made me see that I was not alone and that there are lots of people in the world who are suffering from same illness and who are fighting it and some of course succeeded to overcome the illness which was encouraging for me...Yes I would [recommend this information to others] if I knew that they were interested and needed this information.

-Vida, Iran

...I find everything you send to me a help in all areas, keep up the good work and thank-you. [to others:] If you would like to read about bipolar from a person who knows all about it through self experience go no further.

-Tracey, South Africa

As a parent of a child diagnosed last year with bipolar and now a month ago I mayself was as told I am bipolar I have found your material to be very helpful in finding my way through the complicated maze of doctors and medications and just figuring out how to function with this disease.... Without your material I would still be totally lost and overwhelmed. Thank you for the service you provide...Speaking for myself and my daughter you have truly been a great resource and help and for that I thank you...I would recommend your information/material on bipolar to anyone and everyone that knows someone be it a loved one, co-worker, child to invest in your material it will make the idea of bipolar a less scary thing with the right information.

-Marie, TX

The information in informitive and should be used to understand the person with bipolar.

-Nic, South Africa

...It help me alot.Well not only me , but the person I get the information for. It's my daughters boyfriend who is bipolar. And I give information to her. So thanks so much for it....There are alot of people out there with problems like our ,and not knowing what to do , or how to go about getting the information. And if what I say to someone about what is told to me, that helps at least 3 peolpe.

-Yvette, NE

Its helped me understand and cope with my husbands condition...I would definatly reccomend it.

-Erica, TX

Because of the imformation I have recieved from you, I now understand the the disorder better.I am better able to cope with my daughter who is bipolar, as well as myself. If you have helped only one person,through the material you provide, then it is worth it. You never know that person may be suicidal, and it is their life you may be saving...I have allready forwarded some of the articles.

-Linda, TX

I have gone from virtual ignorance to at least grasping the concept of all the varieties of this disorder. Has helped me to understand my new wife, who is unfortunately still missing, but might not have been had I read your literature first...I certainly recommend anyone who is bipolar, or has a loved one with the illness to read this literature. Could have svaed me a lot of pain.

-Jeffre, IA

My fiancée informed me of his diagnosis after one of our many fights about nothing, and when I heard the term bi-polar I immediately did a TON of research. Your website was the first I came upon and when I started receiving the supporters course, I was thrilled. I eventually showed my fiancée several ideas and tips that I saw from your emails and it really made a difference in the credibility of what I was telling him. It has helped us tremendously in trying to deal with the disorder and we are still together 6 months later, and hoping it will be years. Thank you!...I would strongly recommend this information to others who are trying to cope with a loved one that is bi-polar. There is a lot of information on the disease itself, where and when to get help and how also to take care of yourself first.

-Shanna Heiser, ND

David Oliver's website is excellent for pinpointing specifics about bipolar. He puts a very personal slant on it which brings it into the reality of what we are dealing with. Caregivers/supporters of sufferers need as much info and encouragement as they can get and this is an excellent site to look through. David has done the research we just need to sift through and take out what is helpful to us. I thoroughly recommend it.

-Marina, New Zealand

I have gotten a lot of goog information from your emails...There are plenty of us out here that live by your words...Yes I definitely recommend your site to anyone. I have 4 cousins that have bipolar disorder.

-Vanessa, TX

My father was diagnosed with manic depression 35 years ago. It was very scary then, more so because I, as a child, had even less understanding than the limited and confusing info the adults had. My husband has finally been confirmed bipolar. I was still that scared uninformed child. Your emails and info links have brought understanding and lessened that fear. Understanding of bipolar has come so far and people like you who are willing to take the message to those of us in dire need is a lifeline on a dark, rough sea. Sounds a bit melodramatic- Not when you've lived it. [to others:] I, daily, find new understanding in this information. So few understand, so few want to. This is a powerful resource for wherever you are on the bipolar pathway.

-Linda, IN

I am glad to read any help you offer to deal with bipolar disorder. I am thankful that I do not have a close relative with this problem, but one of my good friends has dealt with bipolar syndrome for many years. I appreciate the help you have given me. Thanks!...I will use your information to help others if the occasion arises.

-Lois, WI

I ordered the whole package about a month ago, and have not had the opportunity to read it all. The portions I have read were very helpful and I look forward to reading the rest soon... Thank you for this info and help.

-Gina, NV

My mother was recently termed as having Bi-polar (just within the past month), so I have been on a search for information on this illness that would help us as a family understand what she is going through. Your information is VERY INFORMATIVE. [to others:] Whether you are someone who actually has Bipolar or know someone with Bipolar you would benefit by getting these articles periodically. Please know you are not alone.

-Shelly, OH

A little over a year ago, I was diagnosed with Bipolar II Disorder. I had no idea what it was...I have been on several websites and have been doing research. Then I happen to come across your web page and signed up for the course. I have learned a lot from you and appreciate all that you have done...You don't have to do what you are doing, but I am glad to have someone helping me on their spare or not spare time. You are kind to help others and you have helped me...I will recommend this site to others if I find someone who needs help understanding the disorder. You are doing a great job, so keep it up.

-Cynthia, TN

Greetings Dave, I have found that your information has been very good. I am trying to understand my 38 year old Nephew's problem. He is very hard to get along with. He is a born bipolar using addict. Through your help I'm beginning to understand him better. The worst part about it is he won't admit he has a problem. As is part of the disorder not being able to see himself. But with the tools of understanding the way bipolar people are through your insight of the disease you have helped me see him in a new light. Thanks and don't give up. No one has all the answers. All we can do is try and use the knowledge you help provide to help those in need....I would recommend your courses to anyone that is in need of help for this cruel and sometimes deadly disease. As a matter of fact I have saved all your correspondence...so that I have the facts in front of me when I need to refer to something I don't know about the disorder. I would also give them your address and let them know that you do know a lot about the disorder.

-Randolph, FL

My husband is bipolar and currently not on his medication. Your information has helped me to understand his condition, learn to set boundaries and be firm in my expectations of him to be responsible and manage the condition.

-Connie, NE

I feel like I have a chance to cope with a situation that has been out of control for years. I can now talk to my daughter for the first time in her adult life. The sweet little girl that I raised and loved and tried to protect is a real person to me again. Her problem is something that the whole family is now willing to deal with in a positive and constructive way...I would absolutely recommend that anyone with a Bipolar problem or family member, loved one or friend with a Bipolar problem take advantage of the advice you are willing to share. In my search for help with this devastating situation, I find that your service is the only source of information on all aspects of this problem that is available.

-Candace, CA

I am not yet far along the road to studying Bipolar, but very grateful, as your information, so generously given, has affected my life in a positive way...I hadn't any idea how widespread this disorder was and how there were people like you on hand to guide to a better understanding of what bipolar is and show how it affects not only the sufferer but their family. Your help has made me realise that a lot of problems/confusion I have are directly due to living with and covering up for a person with this disorder, and help learn to not take the "blame" so often not to assume responsibility or feel guilty all the time.. Your help has made me realise it is not me being at fault and may in the long run help my kids to not hate their father for his periodic strangeness, as we were and still are at a difficult time, Many, many thanks for being there. [to others:] I would recommend a thorough reading of the pages Mr Oliver indicates. Even if you are lucky enough to understand and know how to handle this tiresome state, there is so much extra information here you might not have. I live with an affected person, it has been very difficult but I did not know what the problem was and assumed often I was in the wrong, Mt Oliver has helped me more than I can say.

-Ann, Spain

David,

First of all. Thanks for what you do...You are giving people tools that are helping to change their lives...It has helped me understand Bipolar Disorder more and I can help my husband. I now have him taking his meds. again. I am telling other people they need to be getting your emails too. Please don't stop sending them out. Again, thank you...I have told other about you and they need to read what you have to say and learn. I have given them your website. Again, I believe in what you are doing.

-Michelle, WA

Your information has been of great help. We have three grown family members who are bipolar and some of their children may also be. Thank you so much for your information!...I share all the information I get with others and refer them to your site.

-Wanda, CA

There is such a mystic concerning this disorder, any information is great!!!! I can see why so many people get a divorce because this is almost impossible to live with but I love my husband and I want to do the right thing. Information is power, no two ways about it and I appreciate that your service is free...Hang in there and keep up the good work!!!! Every little bit helps.

-Jan, UT

I have found that working two jobs has me too busy to keep up with all the wonderful resources made available to me by you and your hard work. But I have been able to refer so many of my clients and parents to find for themselves, help for their mental health issues... I recommend your website and information quite regularly in my work.

-Sara, MA

Hi David:

I have a long distance relationship with a BP man. I subscribed to your news letters and found it very helpful... the information you send every week has been very helpful...Making a difference even if it meant helping just one person makes all your efforts worth while. Thank you for the contribution you make to the people who have this horrible disease. [to others:] I recommend David Oliver's information it has been enlightening.

-Caroline, Mexico

I have a brother who bipolar and this information has helped me tremendously. Please keep the information coming...I have recommended your website to other. This information has helped me deal (or not) with my brother who by the way refuses to take his medication.

-Tara, OH

I have a friend/lover who is bipolar and you have helped me to understand him and give me the encouragement to not give up on him. He has put me through a lot in the almost two years that I've known him. And he still continues to do so. It helps me to know that you know what I am going through and your advice gives me the ability to continue to be a friend/lover to this person. Thank you. [to others:] It takes a very special person to care and to discuss how to help a bipolar person. David has helped me in understanding and being there for a bipolar friend. Without his help I don't believe I would of stuck by my friend.

-Wanda, NC

I think you are very kind to help me know how to live with one love bipolar thank

-kwanjai, Thailand

...The information you sent has been so very helpful to both me (the caretaker) and my love (the one who is ill). We had a meeting with my love's psychiatrist yesterday and I told the psychiatrist that I got your email and course. He works at the Syracuse, NY Veteran's Hospital. He was pleased to hear that I received the information and seemed to know about you. I can not tell you how glad I am you make your effort...Having a loved one who is mentally unstable is a very difficult thing, to put it lightly. I went through denial until I read your course. After I got the materials from you it open up the lines of communication for me and my love to discuss things...If it were not for this course, I would not know how to talk to my love. He would not talk to me because of his guilt. Once he understood that I was not angry or going to leave, or that all I wanted was a better understanding and REALLY wanted to know, he opened up. He would not have had that opportunity if not for your course material. We both have learned so much. I can not thank you enough...I live in Syracuse, NY and work in a law office. We have many criminal clients who have mental health problems and so we are in contact with many service providers. I recommend your material to them when I can. I also am going to try to attend the local support group and will suggest this to people there. I think this material is a wonderful resource and that you speak for so many people who can not express what they are going through.

-Eileen, Syracuse

I have a grandson who is bi-polar and addh and I didn't know a whole lot about either and I came across Davids web site, so I learn something new everyday...if you don't know anything about bi-polar I think this is a great place to go to.

-Elaine, AL

Yes, I feel your information is helpful...My husband has Bipolar, and i do so much searching for info that i don't stop looking at any one place...Reading your material is helpful...you are offering help. So keep up the good work!!! At least you care enough to lay it out for the one's who care also.

-Marcy, NY

It's helped me understand better what's going on and how and why someone with bipolar disorder reacts the way they do. Your emails are good, but your packet for \$60 is better. [to others:] I would definitely recommend Dave's packet to others. \$60 isn't that much compared to how much has already been spent trying to make your loved one happy. Dave's tapes also explain more of that.

-James, AZ

Your articles on the manic and the depression were enlightening. My daughter has lost her children and friends because she would rather not take her medicine and use drugs and/or alcohol instead...Thank you for all your help.

-Bonnie, WA

I think you have great information to share. Helping people isn't always easy, but it is worth it in the long run. Sometimes one word of encouragement is all that someone needs to get through a rough time...If I knew someone that needed info on bipolar I would recommend they sign up here and read books.

-Heidi, AZ

My husband is bi-polar and he refuses to get help. Or at least, he had until I started to get your newsletters. I was online looking for a way to leave him when I found your newsletter. It has helped me realize what he's going through and (to some small extent) what's going on in his mind. I convinced him to go to counseling and to let me handle the finances (we were on the verge of losing our house). Thank you for the help- it's a step in the right direction at least. I may not get a chance to read them as soon as they come out, but your newsletters have been very helpful...A co-worker was having problems with her son and I showed her a few of your newsletters and we talked about bi-polar often. I told her about my husband and what we've been going through and last week she came to me and told me her son's doctor diagnosed him as bi-polar! I gave her your website because I think it can help her. She's not very open to medication- but when she read all the newsletters and things that I've printed and saved from your site, she felt much better (I think).

-Kristy, MA

My husband has bi-polar disorder and your course has helped me to understand why he acts the way he does sometimes. It has also helped me to understand that it isn't my fault and I can't do anything to make it happen...I think it makes things easier for everyone to understand as much as they possibly can. For the person with bi-polar as well as their family and friends.

-Renee, AZ

Your material has helped my husband & I tremendously as 'we have gone through another biopolar episode with our son'. Our mistake in the past has been that when our son becomes stable again you think he has learned he must take his medication so he won't get another episode...Reading your material has helped us understand things so much better as we see what we have to do when he is stable enough to discuss things with. We have never had such helpful material ever to understand how important it is to put a Plan in place for (we hope not) when it could happen again. Only people like David could ever understand how traumatic it is to go through this illness trying to help your loved one. To find material like this from someone who has gone through it is so very wonderful...We would whole heartedly recommend your information on Bipolar to others... We saw this advertised through the web and are extremely thankful as it has helped us so much and now have the material and tapes to go back to anytime we need.

-Win, Australia

I think your emails sent to me help me deal with a family member. I know now that there are other people out there that have to deal with the same issues or not more than I have to deal with day to day. I appreciate all the hard work you put into this. It takes a lot to deal with people who really don't understand certain issues that I am sure you have been through yourself. Thank you very much for all your help... I have recommended you to a co-worker who has a son that was diagnosed bipolar.

-Tiffany, TX

Hi Dave, don't stop what you are doing, you can plant a seed and sometimes not live long enough to see the acorns sprout, but that doesn't mean they don't finally grow into big oak trees does it?... I have already put your information site on to a few friends and will continue to do so. Hope they get out of it as much as they need.

-Beverley, New Zealand

David, I did appreciate your free information on Bipolar symptoms and places to get help. Since my husband was diagnosed some time ago, I already knew many of the things to watch for. I would have paid a bundle for this info years ago when his behavior became erratic and I didn't have a clue about what was going on... David, I would recommend your info to others. I printed out the list of symptoms to give to our family members who were having a hard time understanding

-Liz, OH

Dear David,

I am writing you to tell you that your Bipolar support has helped me tremendously in understanding my daughter's illness... I just wanted to say Thank You for all of your hard work and information. I truly am very grateful for it. [to others:] I highly recommend the information from David Oliver. It will help you to understand the problems with the Bipolar illness and give you hope.

-Norma, MT

It offered me insight and made me understand the challenges and issues I live day in and day out are not of my own doing... You can not properly deal with an issue if you don't understand who or what you are up against. Your information helps to remove the unknown and lets you/me know that I am not alone.

-Bruce, NY

Yes, it has. My wife is bipolar and I never really understood how someone could go from one extreme to another. Since I've began receiving emails and testimonials, it helped me be more patient and understanding where I get frustrated and unsupportive.

-Brian, MO

Life has improved since I started reading your information. I have learned alot from you and I appreciated it more than you could know. This is a learn as you go disorder since no one wants to tell you what to expect... I recommend everyone and anyone that has to deal with Bipolar disorder whether you have it yourself, or know someone that does it is must reading. I can guarantee that you will save yourself alot of grief and footwork for yourself!

-Barb, MN

For me it gives me more information. As I have a son with Bipolar and sometimes I just feel I am the only one that has a child like this. Plus my Parents don't know much on this disorder and felt this was a parent issue so I would print my emails so they could read them and see this is real.

-Brenda, VA

I have a daughter and a grandson who is bi-polar, that's why I started reading your e-mails because i don't have a good understanding of it but the more I read the more I learn so thankyou!...I would recommend your information to others who may not know what to do either like me.

-Elaine, AL

I'm bipolar and I read your articles. All your information if correct. We need people like you to spread the word about bipolar. It helps me read about myself cause my family won't support me with my bipolar... I feel it would be good for others to read, either about themselves or a loved one. It's very hard having this disease and it must be hard for someone to live with that is bipolar. We need all the support we can get.

-Marie Alonso, CA

...I am a single mother of an 11 year old child with bipolar....Your letters have been a big help, i have read everything i could find on this disorder....Every letter I recive from you i learn something new....No doctor my son has seen has ever been of much help with this disorder or how to care for him....You have helped me understand more about my child, as well be more patient with him....I can't thank you enough for the help you have given me....I hope to continue hear from you....I would be very happy to recommend your information to others....As a matter of fact i recommended your web site to my sister....She was told recently that her son also has Bipolar disorder....She reads every letter i get, and it has also helped her and her son....I would have to say your web site is one of the top sites i have found on the web for information on this disorder....I am sure if other would take just a few minutes out of there day to visit your web site they would find the same help i have found....

-Marshia, MO

THE MATERIAL YOU HAVE SENT ME HAS HELPED ALOT,I WAS NOT SURE WHAT TO DO WITH MY LITTLE BOY ANYMORE...[I] CAME ACROSS YOUR WEBSITE I FOUND ALOT OF INFORMATION THAT WAS A GREAT HELP TO ME. NOW I HAVE A LITTLE HOPE NOW THAT THINGS WILL GET BETTER NOW...PLEASE KEEP DOING WHAT YOUR DOING

-Laura, Canada

The material has helped me and my entire family Very very much indeed. No one has ever given us such a wonderful psychological support as Dave. Thankyou very much...You are doing a great Job for us. In-fact the material has brought us to a firm and clear understanding of exactly why our Son reacts so most of the time. The Doctors dont have time to explain the feelings and pain those who live such patients go through. Personnaly, from the time I landed on Daves' website my whole life changed and the guilt I have felt over the passed 4yrs is no more in my life. I accepted the fact that I have a sick child and the material received encourage me to focus on a better tommorrow. Thankyou Dave for the goodwork and great concern to us who have this problem in our families...Certanily yes, [I would recommend this information] especially in my home country where this sickness is treated as a curse on one. Your information on Bipolar would greatly help many patients and those caring for them here in Uganda.

-Lileen, Uganda

My mother suffers from Bipolar Disorder and up until recently I had no idea...It hasn't been an easy ride, but once she told me, I began to understand.I attempted to research the disease, and found the majority of the nformation to be impossible to understand. I then found David Oliver's free course. All of the information is broken down into easy to understand, thoughtful and personal words. I was comforted to learn that David Oliver himself had a mother with the disease. Through this course I have learnt that my mother needs support too. I have began to realise that she was out of control and didn't mean to cause conflict. Such a realisation is an incredible triumph in my opinion, as I'd spent so long feeling helpless. I believe, this is owed, in part, to David Oliver's course. I can only be grateful that someone like him has come forward sharing his own story to the world in order to help others. [to others:] David Oliver's course comes is truly helpful to anyone suffering or knows someone who is suffering from Bipolar Disorder. His personal accounts of his experiences and his knowledge have helped me enormously. Bipolar is not an easy disease to grasp, but with the information provided in his courses, I have been able to learn a much better, broader idea of what I have faced.

-Imogen, Australia

Our 28-year-old son was just diagnosed this summer with bipolar...So I am very glad to learn as much as I can about this disorder. I feel like a sponge and want more. Please don't let this one insensitive person stop you from helping the rest of us! This information explains why my son does what he does. I need to learn more so I can be his advocate. [to others:] The information that Dave gives is very informative. It covers aspects that I never would have thought about like Drs. don't know all there is to know about bipolar disorder. It is excellent information! It helps me deal with our son! It gives me some peace of mind.

-J.H., IL

Your material on Bipolar Disorder has help us a great deal. I really didn't know where to start when our doctor told my husband and I that my youngest daughter had it. We really want to thank you for all your hard work in researching all of this information. I know you did it for your mother, but it has help a lot of other people who have Loved one's that have Bipolar. Thank You... My husband has a friend who's son has Bipolar and we recommended your information to him and his family.

-Linnie, MO

I have a 12 yr old daughter with bi-polar. It is not easy. The only way I have been able to deal with the disorder is by educating myself. Alot of doctor's have no idea what bi-polar is, sometimes I feel I have to educate them. I appreciate all the information you send to me and I know you don't have to send the information for free. Alot of people are out there to only make money and I feel you also want to help people who are dealing with relatives and/or friends that deal with bi-polar...Keep up the good work. I really appreciate your information. I always look forward to check my e-mails to see if you had sent something new.

-Suzanne, NY

Your information has been a GOD send !... You ahve worked so hard to stay up to date and this site is one of the most informative sites on Bipolar that I have found. I have Bipolar and my oldest daughter does as well, it runs in my family, my mother and brother have it as well. You have no idea how long I have looked for a site like yours. I have also told friends and family members about this site... your site has helped me more than you know ! Keep up the good work. I always look forward to recieving your e-mails... I would reccomend and have reccomended your site to anyone who will listen.

-Lisa, TN

It has served many educational purposes and also on a personal level with my child. It is not only informative, but also very supportive... I would recommend you information to others. It helps to know that you are not alone and someone not only cares but truly understands."

-Cheryl, NY

I have already recommended it to my sister, who I just found out recently has bipolar as I recently found out myself and my son have it.

-Kendra, FL

yes i would recommend it it is very interesting information to learn.

-Alleen, IA

Honestly, the main way this has helped me with my teenage daughter is through education. I enjoy reading the information and hope it will continue to come...I would certainly recommend this to anyone.. if only for the fact that it is very reader friendly... easy to understand. Extremely informative.

-Charles, TX

It has encouraged me to keep trying to help and understand our son. It can be so frustrating and discouraging and make you feel you're all by yourself and no one understands. Your material has encouraged and given some very helpful information.... It's encouraging to read your information. It helps you understand the disease and give you hope to keep going and trying to understand and help the people with bipolar.

-Paula, WA

It has helped me a hell of a lot. I signed up because I suspected my other half had Bi-Polar. The reason i thought this was because he was acting similar to my Dad died who died four years ago... This he died of, turned out to be Bi-polar...But your information has really helped me to understand alot about the disorder, and made me realise, there was nothing i could have done to save him. Thank you so much for all your help [to others:] Anyone having issues in one way or another should definately sign up to Davids Bi-polar information newsletters. They really help and give you a wide understanding on the disorder.

-Roxanne Hooper, United Kingdom

I work with a gal who is bipolar. It is hard enough having to go to work everyday let alone dealing with her wild mood swings. Your e-mails have really encouraged me and helped me understand her better. I feel like I can listen to her and be more sympathetic to her needs now that I understand more of what is going on in her head. I have really been able to help her through problems that she has had with her family as well. [to others:] I would recommend this information to anyone who feels like they are alone when it comes to working or living with someone who has bipolar disorder or if you have it yourself. It will at least prove that you are not alone and that being bipolar is more common than you would think.

-Jessica, TN

well to be honest with you it helping to understand some of the stuff my wife is going thre... i would recomend that the people that suffer from bipolar try to understand that there mates and family do love them and its as hard on us as it is for them

-Sam, FL

several have been helpful...I believe your information is excellent...I read your emails and if they don't apply, i stop reading...however, I can't tell you how many things i have learned from your experience. You have taught me how to stop the credit harassment, how to get a power of attorney...How do you pay off almost \$200K with one income?

You are helping me learn this. Please don't stop. I need you and your experience.... Thank you, and God Bless (if you believe)...if not, then just Thank you so much for your work. You're my hero.

-Cindi, ME

I have not read all the info sent to me yet. My wife and brother both suffer with bipolar disorder. My wife has had it for about 16 yrs and my bother about 10 years. The past 18 months though has seen my wife have 2 episodes and my brother is now on his 4th. Time is very restrictive as I have a full time job and children to cope with...Yes I would [recommend it] although I have not read all of it.

Neil, United Kingdom

I would like to thank you for taking the time to put so much effort into trying to help people understand bipolar disorder. My husband was diagnosed and we have went through some tremendously hard times. Now that we know what he has, I can relate to a lot of your articles. God bless you, thank you, and keep up te good work... I would definitely recommend this info. to other people. I feel it is very beneficial especially for the newly diagnosed.

-Jill, SD

The information I have recieved has helped somewhat. It has given me some knowledge that I was looking for...I wish I would have found you a couple of years earlier. I have may have been able to save a life! I have sent the information I have received to family members, so that they can better understand what Bipolar really is.

-K.F., Canada

At first it was different than I was used to, however, I stuck with it and learned to branch out and to seek answers; taking No for an answer. Today my husband is in a support group which is helping him all because I found this group first.

-Cynthia J. Stout, OH

I haven't had a chance to really look over all the material you have sent me, but I have saved each and everyone of your emails and I am really looking forward to spending some time going over it all. So please do not stop sending. The information you have worked so hard to put together, I know will be of great help to me. I am truley going to read it all.

-Martha, NY

I think your mimi course is great and I has helped me to understan what Bipolar is,and what the symptoms are

-Michelle, Australia

I am supporting a recently diagnosed bipolar partner who initially thought I was the problem. He is now asking me for help and I am able to support him with the information I have received from you. Thankyou so much.

-Diane, Australia

You are really helping people. my boyfriend is doing alot better now that I found thing that he can read about bi-polar and he is thankful. Thank you for everything.

-Theresa Smith, AZ

Primarily by reinforcing things I already know, and reminding me that it would be good to act on these ideas.

-Arthur LaRue, MN

Dear Dave

Yourinformation helped me immensely (don't ever doubt yourself) you are doing a fine job, thank you , today I can say I have a better understanding of Bi-polar disorder. Thanks to you.

-E.K., IL

My daughter has bipolar and I think my ex-wife has bipolar and other personality disorders which she refuses to recognise. She has not got the extreme high's and lows but has other symptoms. For me, every bit of information I can get is a help. It is only by understanding the problem that we can deal more effectively with the affected people and help them and us to have a better quality of life.

-Mike, Australia

Dave, your information has help me and my family alot.there are days and nights that i just want to give up but then i come and read your e-mails. Keep up your good work...i would tell anyone else that i knew that was going through with a person with bipolar to go too your sites for help.

-Neta, PA

Keep up the good work it has helped me understand this friend of mine even though she is mad at me now! At least I know why she is the way she is, and I do think that your information is the best out there! I have looked at other sites and they do not compare!... I do recommend your information and if I had to live with someone with Bipolar I would definatly buy your course...

-Grant, Alaska

I do appreciate your effort with this...I would like to hear some techniques that you have learned in your process....I really do appreciate your effort...

-Teri, CA

You have taken the task of presenting the information(Mini Course) on Bipolar Disorder at a layman's level for reading and comprehension which has been very usefull for me and my family. Thanks!...I have already shared this with family members.

-Richard, LA

Thanks Dave, i find any information valuable even if i've heard it before. I guesse that not all information, guidance and advice is going to apply to every individual case but should be considered. I am currently helping to support a sufferer of bi-polar disorder...your information has helped me to further understand the situation and how to deal with it. I am happy to let you know that slow progress is being made. Thanks again...if i knew personally anyone else suffering or living with someone who suffers frm bipolar i would reccomend joining your course.

-Matthew, United Kingdom

I would recommend your info to others who may have this problem, and I am grateful there are people like youn who are willing to help those who need it.

-Claudia, IA

i would recomend this email stuff,u know what i read, it should help anyone. having knowledge helps and makes me feel impowerd. keep helping people, i belive what your doing is good and im greatfull.

-Pooh, WA

Dear David, I am a student nurse in the learning disabilities branch at Sheffield University, i came upon your website quite by accident when searching for infomation on Bi-polar disorder for one of our service users. i can honestly say that the information contained in your emails have given me lots of good reading and I have taken quitealot of the information to my placement area for them to keep as for furture students. thank you very much for all your emails they have been very helpful... I have recommended your information on Bi-polar to most of my student friends as well as my work collegues in the field of learning disabilities and mental health.

-Judith, United Kingdom

I have followed your material although I dont suffer from the symptoms described .I have a friend who does ,I have found your material informative ,interesting , constructive and above all extremely helpful & easy to understand .I think after reading the material I have a better understanding of bi-polar & i have even explained the symptoms to others who were unaware of it .

Pease allow me to express my appreciation of your writing & recommend others read it for themselves

-Ian, Scotland

...no matter what some people say there are many more that are so greatfull that someone out there took the time to find out infomation and pass it on to others with no selfishness... i hope that you keep doing what your doing and sending out those emails...their are many of us that are greatfull we came across you site and have the chance to help our loved ones...i would with out a dout refer someone that is need of this assitance to your site and express the help it truly provides.

-Lizbeth, FL

I have read what you wrote and it helped. My husband was in a bipolar thing for years and he just started getting tx. I was scared and there was no one to talk to. It is good what you send...

-Toby Cox, CA

To keep me going each and every day; learning more, what to expect and how to plan for; to know others have survived this and I can too! You're terrific!....you're a 'god send' to me and I know to others!

Yes, I definitely and wholeheartedly recommend all of your information....

-Mary, FL

yes it has.for those who really need this type of information do continue your work for it is very informative to others...

i already have . i have learned alot from it. i have a friend that is bipolar and a sister.

-Irma, TX

I enjoy reading the latest news about Bipolar Disorder. The newsletter is really informative. [to others:] If your looking to learn anything about Bipolar, this is the place. Anybody that thinks this is a waste doesn't care about Bipolar Disorder. Keep up the good work. It's not all in vain!

-Kari, FL

They have given me insight into understanding how to deal with my loved one. [to others:] For those who have no clue what Bipolar is or the effects it can have on a relationship, of any kind, it can help highlight the disease and the symptoms so that one may grasp a better understanding of what they once thought was pure craziness.

-Sandra, CA

I have learned so much about my boyfriends ailment. I understand why he feels sometimes happy and sometimes sad. Ive learned how to deal with his disorder way so better since I have your help. thank you so much and please dont ever feel that you dont need to be there. I need you!!!!!!!!!!!!... [to others:] My boyfriend has bi polar. He tried to explain what it was and how sometimes he would act differently. Dave took me a step further and explained how he actually felt and what to expect sometimes when he was making me crazy. I know now how to try to deal with him and make him feel better when he is having an episode when he feels like killing himself or just feels like he is worthless. He is much happier and so am I! Thank you Dave for all your help!!!!!!!!!!!!

-Wendy, FL

The material on bipolar disorder has helped me to understand my husband a little better and try to give a little more to our relationship. [to others:] I would recommend to anyone who really thought there was nothing else to do.

-Kimberlee, IL

Your material on Bipolar disorder was very informative and it helped me gain a lot of information and knowledge of things I had never known or read before... Yes, I would recommend your information to my friends because you cannot always get the information I have read from your notes on books from the library and from doctors as doctors don't always tell you everything.

-Jane, MI

I've read some of what you've mailed me I will say that telling me to stop saying "I can't" is something I use constantly. I'm currently working on turning some of my writings into songs and every time I think "I'm being stupid; I can't do this!", I am reminded that what I tell myself will help me make something happen, or defeat me before I start. So, are you helping? Well, I haven't had a song published yet, but I'm still writing, so I'd have to say YES, you are helping... Life is not easy much of the time but I'm glad to be alive and any advice I get, I think about. It is up to me to take it or leave it and. Do what you can and that's all you can do... Your work has been a support to me and informative. Though each person's journey is unique, it is wise to be informed and you do that.

-Kathy, Canada

From the info provided my daughter has been able to work a plan that has brought a considerable amount of peace in their household but most importantly in her mind... There is no such thing as enough info on this subject but what YOU have provided is a link for all of us to work from. Thank You So Much.

-Bill, SC

Has been very informative, educational, and gives me an ideal of what can happen to my bipolar daughter and son. As negative as some materials can be, it is insightful as to what persons with bipolar can be capable of and to learn from their mistakes or happenstance. Persons with bipolar disease are very much misunderstood and are often put into unpredictable situations. Their stories are often unusual and scary. These stories can show one with bipolar disorder what can happen if they do not take their meds and can convince them that what they have is a serious problem. I say keep on sending all these informative news because everyone can learn from them... I have used a lot of your news by tell my bipolar son and daughter as well as my husband things that I have read from your news letters. And I often refer to them in situation that might have been disastrous other wise. I also tell extended family members about your stories which I believe gives them better understanding of bipolar disorder as well as gives them a better understanding as to what they can expect under certain situations, especially when relating to my children.

-Margaret, TX

I have found that your info has helped and i enjoy reading as it is in everyday simple language..I would [recommend your material].

-Vasiliky, Greece

your information has been very helpfull. it has taught me alot about myself. i can actually see when i am manic. i have discovered triggers that i can avoid. also you helped me to stand up to the doctors and police now i am not overmedicated... [to others:] when i first found this site my doctor informed i had bi-polar disorder and she had me convinced that i was a threat to my children. dave helped me see that i am not a threat the illness is...

-Lesia, Canada

Well the way you have helped me is by letting me know that i can be comfortable with my teen. It was to the point that i was getting to hate her and not sure how not to be that way with her. Of late we have been getting along very well and she doesn't even know hta I am reaking up on the stuff... [to others:] If you are someone like me who has a teen that is moody and has attitude swings i would like to tell you to read what Dave can send to you for your reading and help you understand what, why and how to help your teen.

-Diane Grant, CA

David,

Please be assured that your information is very informative and helpful, it helps to reassure us that we are not alone. It is my husband Brian who suffers from Bi Polar and your info. Has given ne a greater understanding of what is “normal” about the disorder, and how I can best help Brian...Yes I would recommend your info. to others, it has been very helpful to the both of us.

**-Thanking you so much,
Carol & Brian, New Zealand**

I believe I would be one of many, many, that listen to what you have to say, and feel you are 'FOR REAL' and can really identify and give useful information as well. That is HUGE in this search for info and support, as you know!!! We “hear” it in your emails! You talk to us like you are talking to a friend, face to face...you even end your emails, “your friend” which really feels like you mean it!... This is undoubtedly your calling! People NEED you... know that we who have tapped into your website and into you, and asked for your newsletters, and joined your inner circle, etc...are better for it!

-MJ, MI

Here is how it has helped me so far: I noticed your list of the importance of families being knowledgeable about the illness that the bipolar person (i.e. me, in this case) has. I immediately copied your list, added about 5 more things of my own, and emailed it to my brother and sister...Then, I telephoned my brother. I told him about what you'd been writing to us, and mentioned one of the stories you'd sent... I pointed him in the direction of your website, and will be keeping him informed about Bipolar Disorder, and my condition, where things are, etc etc.

-Marian, OR

This website has helped me understand bipolar disorder and the triggers and symptoms of episodes etc... This is a fantastic website that is informative and helpful in every facit of the bipolar disorder. It is also great to know there is a person who runs the website who cares about people and it isn't like every other commercial website.

-Jane, MN

your material has been quite useful in helping me understand the problems that those with Bipolar Disorder have to contend with. It has aided me in my own situation with my husband who has this isease. Please keep up the good work. I have mentioned your website to a few people whom I think would benefit from this information.

-Janice, NC

The Bipolar Stuff has helped understand my mom and myself alot better. And I would be very disappointed if you stoped sending it... I would diffently encourage people to read this stuff it help you understand alot about people close to you or even yourself

-Nicole, MO

My husband has bipolar, and until I found your course, I was unable to find anything which wasn't directed at the people who have it, leaving me unable to understand how bipolar affects those around the individual, or indeed the individuals themselves. Your course, albeit the free version, and not the more indepth version, has helped me understand some of my husband's problems and why he does some of the things he does. I still have much more to learn and understand, but your course not only helps in these matters, but also doesn't make me feel so alone, knowing I am not the only person out there doing through this. Having scoured the internet for information on bipolar, your course stoodout, by far, the best for information and support - two things essential for those of us living with someone who has bipolar...After initially reading your site, I instantly recommended it to my mother-in-law, who too, signed up for the course. Since then, we regularly discuss some of the issues which you bring up, many of which we had previously been unaware of.

-Kirsty, United Kingdom

After attempting suicide you were my only source of confidence and normality!!...Thank God I found you on the Internet, You have enlightened me in so many ways. My mother, my husband and my two sisters are Bipolar. Some won't admit it , but I recognize the symptoms from having them myself. ...I look forwrd to receiving emails from you and the helpful information that is enclosed... I utilize everything you send... I so very much appreciate you being there for me, I was able to email articles from you to my family in Texas describing the problem, symptoms and remedies for Bipolar. It actually saved my relationship with my Daughter-In Law, because she is also Bipolar, neither of us knew about the other. ...Bipolar illness can be very lonely, I am so glad to see emails in my inbox from you. If I can't use it, I find someone who can. This illnes is rampid and we need someone on our side. Support groups are slim to none.

-Robin, CO

David..I do thank you for the information on juvenile bipolar..my young daughter has recently been put in a situation with a bipolar child...so I wanted to learn all I could to help her relate to this situation and so that I could help her understand why some of the things have happened to her. You have helped me to help her...thank you!...I do recommend this information to others. It opens your eyes to alot of ways you can help someone involved with this disease.

-Cathy, CA

I had no idea about bipolar and now I understand and it helps me to help my 2 family members who have it. Also knowing I am not alone is the greatest. The symptoms you describe make me feel like I know what to expect and how to still love them. [to others:] Its a confusing disease to have and it is soooooooooooooo hard on those who live with or care for loved ones who have it. Without this newsletter I would feel lost and frustrated but I am not. Please check it out it is such a relief to not be so confused and have some wonderful tips to live with someone you care for with this disorder, Its been a huge help for me.

-Doreen, RI

Hi David,

By the mere fact that it is from first hand experience and that you are giving out information that not even my own doctor knows about!?! Keep going...It is people like you that make the world a better place. [to others:] From the mere existence of this man David, and the research he is compiling at a cost more to himself than anyone else through time and money, you need to get this information even if you think you only have a slight problem of depression or bipolar disorder. The informatio is very informative and without it my wife and I would not really have an idea where I was going or even if we would still be together!

-Brian, New Zealand

David,...I'm too scared to read the information you have because that would make this real. I forward all your e-mails to my husband and he reads them religiously. I don't know how many people your helping every day...but...I do know you've helped my husband with his questions....I do recommend your information to others. I feel you have searched the information out and spread it to millions of people looking for a reason to continue. People who are trying to find themselves. Just people who need answers.

-M.T., OR

I am not actually a Bipolar sufferer, and nor is anyone with whom I actually have contact—I signed up to your course as I will be studying Neuroscience at university as of September and hope to go on to become a Neurologist. While I may not be able to speak for those who deal with Bipolar on a day-to-day basis, your course has helped me to better understand the issues which are commonplace for the sufferers worldwide...I would fully recommend your information to anyone who has any interest in better understanding the disorder and the impact that it has on peoples' lives.

-Roxy, United Kingdom

Yes, it has given me a lot of insight into this malady...For someone who has a dear one afflicted with this disorder, you have provided a lot of valuable information.

-Gordon, Central African Republic

Dear David,

Yes, I have been helped by the information you send. I have found the links to news articles particularly useful. I was diagnosed with bipolar in June, 2003 I am currently a college student, majoring in education, and I have done 2 oral presentations this semester about bipolar and intend to write a term paper for another class on the subject. I have used the information on your website as resources for these presentations. Keep up the good work! [to others:] recommendation: I would recommend this website to anyone who is diagnosed with bipolar or a family/friend of someone diagnosed with this illness. It shares useful information that can help you learn about the illness, learn how to deal with it, and learn what to do to support someone with it.

-Laura, GA

The material has been very helpful to me. I really felt I was bipolar and now I am feel sure I am. Hearing about your mother sounds like home...I share many of your thoughts with people close to me that have a similar situation.

-Connie, VA

i would juts like to say i appreciate the efforts david has put inot his program...i do not suffer from bipolar, but my husband does,although i don't understand his condition, david has made it a little easier... his e-mails bring insight and encouragement to us...the emails we recieve are helpful and an encouragement, i would reccomemend them to family members and those who suffer from bipolar, but especially to those who have little resources and are friends or family members who need to understand bipolar better.

-Anna, GA

Yes this has really been a help to me,as my wife tells me I dont know about bi-polar and how would I understand.I can now quote her directly from stuff I have learned from you...Yes I would definitely recommend this to anyone who is going through what I am going through...

-Mark, Canada

Dear David,

I have found your materials on bipolar disorder extremely helpful. They provide the most comprehensive, up-to-date, practical information I have found on the disorder and I greatly appreciate the insight you provide from your personal experiences supporting your mother with bipolar disorder. You have blessed your mother and all of us with your dedication and willingness to share these resources...These materials are comprehensive, practical, and up-to-date. I highly recommend them.

-Elizabeth, CA

your info and emails are very helpful. You are doing a great amount of favor and helpfulness to others. May God bless you more and more each and every day.

-Aline, MN

Hello your course on bipolar has helped me a great deal by explaining what bipolar is and how it effects me and others that care about me.I have bipolar and i need all the information i can get so i can help myself and teach others about it so they know how to understand me a lot better.So thank you very much...I would like to tell how your information on bipolar has really helped me to survive in this world and to be myself.I asked for help and i finally received it from Dave Oliver and his expertees on bipolar disorder.So if you or anyone else you know that has it i recommend that you get a hold of David Oliver and take this program you will get alot from it and it does help i know.

-Mary, Canada

The information I receive from you has been very beneficial to me. I work with a woman who is autistic and intellectually impaired and was recently diagnosed with bipolar. Your information has helped me to understand this lady and at the moment she is the happiest she has been in 6 mths. I am able to know how and what may work for her...I would recommend this information to people who do not know or understand this disorder. I was totally ignorant until I started receiving all information. It has helped me in my work place tremendously.

-Ros, Australia

It has helped tremendously. Thankyou. My brother-in-law was recently diagnosed with Bipolar and we didn't know a thing about the condition. I have been able to pass on the information which they were ready to hear, as it was such a distressing time for them...I thank you for taking the time and the trouble to pass on your knowledge. Thankyou so very, very much...I would definitely recommend your information on Bipolar to others. It has been easy to read and fully explanatory and all the questions we have had have been provided in your newsletters, we have never come away with questions unanswered. So, again, thankyou.

-Elaine, Great Britain

Hey Dave,

The time,effort and experience you share is absolutely helpful! Often we forget it takes baby steps; not gonna happen instantaneously. My brother was diagnosed with bipolar at 18. He's now 30. You've helped me help him through his latest episode which has him living with me for the past four months. Anyway, thanks Dave. [to others:] Dave's intentions are genuine and his program is very helpful.

-Haley, NV

If you need helpful thoughts and tips on dealing with bi-polar loved ones, please visit this website. Something maybe there to help you keep going.

-Robin, TX

Hi Dave,

...I truly appreciate what you, and yes, your newsletters, updates, teleseminars have all been a tremendous help to me... Please, continue to do what you do to help others...Thank you, Dave, so much for your work. I appreciate you...I certainly would [recommend this information to others]. I discuss what I've learned with my boyfriend all the time. Naturally, he is very supportive of me learning more about this disorder, so that I can better understand him and our relationship.

-Patricia, TX

Yes, I knew nothing about the illness. When I found out my x husband was Bipolar I wanted to know what it was and had it affected him. That for me was very important because his whole personality had changed and every year he got more angry and hateful. What I first learned is that no one really knew. Therefore, for me you have helped a lot and still are at this point...The mini course is very basic. I feel that when you are first trying to learn just what this bipolar is the basic information is best. Once you get the basic down then it is easier to start getting into the meat and potatoes. Then the next step should be getting your Master Bipolar Support Course if one can afford it. So do not listen that one-person keep up what you are doing. [to others:] I have [recommend this to others]. First I told them that there is a mini course that highlights what bipolar is and it will help you begin to understand the illness. You will also find that there are many others like you that are going thru the same types of things. Whether you are the in the supporting role or the one with bipolar. It's a great beginning to a happy ending.

-Linda, CA

...it has been informative to me and helped me understand what my wife is going through and what i can do. [to others:] If you want to learn what it is, how to deal with it, how to help someone else then this is great info, especially for free.

-Chris, NY

You are the only one that actually offers advice on how to deal with it from first hand experience. If you research the internet you find a lot of information on what it is but that is about it... You are doing a great job and it is appreciated by many...This is a very informative and helpful website regarding bipolar and how to cope and deal as well. I have found it to be very helpful.

-Kate, MN

I now have a much better understanding of my granddaughter who is diagnosed with bipolar11. I brought her up and she is now 24 years old and has had many problems since approx. 16 years of age. Your site has helped me and given me a better grasp on this illness. Now instead of thinking she could prevent herself from going in to extreme manic phases I realize I can help her with the more knowledge I have gained from you...I have been recommending your website to others. Since I have been receiving your e-mails I feel that I have been a much better parent to my grand daughter as I try to handle her with more understanding and am able to be more supportive of her in a more knowledgeable way.I no longer feel that when she is angry or depressed and flip flopping with her moods several times a day that it is not aimed at me personally. Your e-mail has been a big help to me and her

-Beverly, ME

IT HAS MADE ME UNDERSTAND MYSELF AND THE WAY I BEHAVE MORE TO THE POINT THAT I RECOGNISE THE SIGNS AND TRY SLOW DOWN AND DEAL WITH WHATEVER`S COMING RESPONSIBLY. I NOW KNOW THAT IT`S OK, I`M NOT INSANE BUT LIKE ANYONE SUFFERING FROM ANYTHING, YOU TAKE THE MEDICATION YOU CAN BE HELPED. [to others:] EVER FELT SO ALONE THAT YOU WOULD RATHER NOT BE HERE? READ, READ , READ!!! LEARN AND TRY UNDERSTAND. DON`T GIVE UP THE FIGHT CO`S LIKE EVERYTHING IN THIS WORLD, "NOTHING WORTHWHILE COMES EASY". WE ALL ARE WORTH SOMETHING AND THAT`S WHAT I LEARNT FROM THE INFORMATION SENT TO ME IN COURSES.

-Lee, South Africa

Yes, the material has been informative...But I love the news letter, since it pertains to my condition. Thank you ...Yes, I would recomened this for it is a very informatime letter, very helpful information.

-Jackie, PA

When I started looking at the website my doctor and I thought I may be bipolar; that diagnosis has now been confirmed. In the pre-bipolar days the site was a huge help to me, my wife, family and friends in learning what being bipolar is about, from a practical perspective. Since being diagnosed, the practical advice has continued to be immensely useful...I would strongly recommend the information you provide to others. The field of mental health is one which can be confusing and embarassing to many people. Your site deals with this aspect of mental health in a deeply practical, easy-to-understand way.

-Graham, Scotland

You have given me a greater understanding about some of my friends and a little insight into myself. Also, it's just plain interesting to learn about other peoples behavior for possible future reference. Don't stop what you are doing, I'm sure your helping...

-Linda, NJ

I've known since 1996 that i am biapolar. Been through shock treatments, sessions and more sessions. So alot of your info I've done or been told. but it refreshes my memory I'm glad for this. My memory is really bad with the shock treatments. so I need refreshing. Thanks...Yes I would recommend you info I've printed out your emails and gave to others. So they could see first. I also send them through emails. Please let the info keep coming. Thanks

-Virginia, VA

Yes Dave, I am fully greatful of this material and news plus info you sent me. It helps me a lot on how to deal with my loved ones who happend to be my dearest girlfriend, actually my fiancée. We plan to get married soon. Thanks Dave... I am thankful to you. Really. [to others:] I fully recommended this site and link to all the bipolar and the bipolar supportrters for browsing thru this website which have help me indirectly on how to cope with the bipolar disorder and its effect on my loved ones. Now I am commited myself to my loved ones and she is getting better now. Much more better with all the help and information provided by Dave for me. Thanks Dave!"

-Ken, Malaysia

I have found that your e-mails have brought comfort and understanding to a very difficult situation and condition that my loved on suffers from—the answers are clear now to the many questions...you are doing a service to those of us willing to admit that fact—not all of us have the resources or time to do the research you have done in our stead—thank you very much and please continue—

-Joyce, MI

It has help me understand and communicate with my partner of 2 years much better. Thank you, I appreciate your e-mails...Yes, I would recommend and I have recommended your information to others. It answers a lot of questions that "your partner won't answer for you

-Tomi, NC

I am trying to help my daughter deal with bipolar & I need all of the help I can get. Thank you! Thank you! [to others:] Where else can we turn for the help we need with our loved ones. What a load we all carry & without your help our load would be even heavier.

-Judy, MO

I have found it very informative, especially on explanations to others. Thank you...These newsletters have been extremely helpful to me and my family. My 27-yr-old son was diagnosed at age 23. However, looking back at different behaviors through teen years, these newsletters explain everything. Bipolar doesn't happen overnight - it was always there; we just didn't know it. Thank you, David Oliver

-Carmela, MA

Greetings from Rockford, Illinois!! You and your information are truly excellent, my new friend. Although I am not bipolar I love a friend who was given the DX of "hypomania"—> and the information you provide is truly helpful!!...Yes, I would and *have* recommended your site to at least 2 people already!!

-Nora, IL

It has helped by just the knowledge that I'm not going through this awful thing alone.... Good luck and looking forward to your next letter...People need to know that they are not the only ones hurting. Information is the key to success. If you have it, share it.

-Linda, FL

My partner was diagnosed a few weeks ago and...your free updates and course on Bi polar has been very useful and plain and simple to understand, and I actually used some of it to explain the condition to my partner as the hospital gave us no information at all!...Yes I have told some of my partner's family about your site but as I have use of a computer every day I tend to print information off for them.

-Patricia, Great Britain

Your info had made me more knowledgeable. It has helped to cope with my wife's problem. I am a lot more tolerant. She does not know that I am being helped by you. She has noticed that I have become a lot more calm during her episodes...I would most certainly [recommend this information].

-Selvan, South Africa

Your information has shed a lot of light upon the (previously) inexplicable behavior of family members across 3 generations. And as I learn more, I can respond more appropriately...This is the 200 watt lightbulb in the middle of a dark...garage!

-Cecile, TX

Your info is very helpful and great in leading me to research more into what I want to find out...I tell others already to check out your site.

-Derek Mason, WA

Just knowing I'm not alone [to others:] Those times when you call a sister or brother or loved one and they don't answer, get on line and pretty soon you'll realize someone actually can understand, sympathise, comprehend, empathise and laugh with you without saying I don't have time for this right now. For me, it's the on line group I found through David's website...

-L.A., CA

You have to remember what is the "BIG PICTURE"; helping people with BiPolar. In this is not an easy task... Keep up the good work!!!!!!

-Trish, NC

i thank you for your information because i can understand my husband more. he has bipolar disorder and reading your experience now i can help him more with the changes of mood that he has. thank you for your effort... yes i recommended to all that has someone with this condition on their families.

-Isabel, FL

I think you have done a fine job... you are a very sincere caring person to get so involved in helping others. I saw all the hallmarks of bipolar in my ex boyfriend.. his mania.. now i understand. [to others:] you've got to learn the signs and David's course alerts you to what is going on. The course material really illuminates the points about bipolar and you learn once and for all that this is a chemical imbalance that cannot be treated without medication ultimately, in severe cases

-Lisa, NY

It HELPS (Present tense) me DAILY to understand the disorder.... what to look out for as warning signs of episodes... what to avoid doing.... what NOT to do at all... what to DO in certain situations..... What more could anyone ask for???? [to others:] He has given the most forthright, honest, and comprehensive information, as well as personal experience... that it is just toooooo invaluable NOT to share with others in need!!! DAVID, KEEP UP THE GOOD WORK!!!! YOU ARE HELPING HUNDREDS, NO, THOUSANDS, MAYBE EVEN HUNDREDS OF THOUSANDS WITH YOUR INFORMATION-NEVER STOP!!!

-Dee, WI

Through your course, I have realised my son doesn't have bipolar, but my friend has. It helps me to understand how they are feeling & what is going on inside them... Keep up the good work Dave... Your information teaches the symptoms & how to deal with it & live with it. The doctors are hopeless & most other professionals have no idea because they don't have first hand experience. You DO have the experience & the knowledge to pass on to others what you have learnt through frustrating & trying times.

-Judith, Australia

Dave...The information that I read on your website when I initially request for information was very eye catching for me. I don't suffer with Bipolar, I know someone who does and I just wanted more information for my own personal reasons. But I will say this obviously your information is helping someone...There are so many hundreds of thousands of people out there who have bipolar and don't have not one to turn to to get help. But your website and emails my make a difference in someone's life...I would like to continue to receive the emails and I wish you all the luck in the world in reaching out to others... Just continue doing what you are doing...I would recommend your information to others because it can help others who don't have a clue what about bipolar.

-Linda, TX

The material I have received on Bipolar Disorder has been very beneficial. Information I have received has given me much needed further insight into a condition I have supported and lived with for over six years. Strategies offered are wise, thoughtful and totally appropriate. I keep a copy of everything ready so as I can support, rather than crucify my loved one when he is suffering an episode. I have learned much, but most of all I know the support is there when I need it. Thanks for your insight and your "looking outside the square". [to others:] I totally recommend David Oliver, his companies and The Leverage Team, LLC as an informative, knowledgeable and compassionate group of people who fully understand what is involved with Bipolar Disorder. I have researched for the past 6 years this condition and not come across anything that is as informative or as easily accessible as what David Oliver offers.

-Shellie, Australia

I have found it very interesting to read about bipolar disorder. The public really needs to be educated on what bipolar really means. I have a friend who is bipolar, and have taken it upon myself to find out more about it. Thank You...I have sent your information onto my friend with bipolar, and I do believe he has now signed up for your newsletters.

-Glenda, Canada

I have an adult daughter who has just been diagnosed with bipolar disorder... Your information and mini course has been a great help to me. It is helping me to understand this illness and to better able me to relate to my daughter. Some of your information I have printed and sent to my daughter and it has help her when she has a session with her psychiatrist to ask the right kind of questions and get better treatment. Thanks so much and keep up the good work. [to others:] recommendation: If you have a loved one or for yourself that has bipolar disorder the information that Dave Oliver has would really help you to understand and be able to relate to your loved one.

-Donna, VA

I enjoy getting your e-mails. It helps me compare some your your clients situations to my situations. My husband has bipolar. I compare how he acts or what he does to some of your stories. It has help me realize that he does have a problem and he is not doing it on purpose. [to others:] My husband has Bipolar. At first I thought he was acting and doing things on purpose - just to make me mad. Then the doctor disnoised him with Bipolar (Depression). At first I thought it was just a cop-out, but then I starting investigating the Disorder (on your website) and found that my husband had the same symtons that were mentions on this web site. It helped me understand the disorder more. I came very close to ended our marriage, but now that I am a little more familiar with the disorder and know what to expect in the future, I can deal with it a little better.

-Tonya, SC

youe information has helped me alot buy helping me see what is going on with my husband he has sence got help and is taking meds he sees his councelor alot and we also go to marriage counceling every week if it was not for the information you have given me i do not no were i would be thank you for everything...i would recommend the information to anyone it has helped me out alot and i think it would help others too

-Tabitha, KS

Thank you for providing the information you have provided so far. I have not had a chance to read everything yet but it has been very helpful and has saved me the time trying to find it myself. I came upon your website quite by accident but I feel the good Lord had a hand in it. I have been told my 8 year old is Bi-Polar and I am waiting for referrals to get a more difinitive answer. Because of what you have sent me I have been able to educated conversations with the Doctors who are overseeing my childs care...I have referred "Kinark" an organization my family is involved with to your website so that they can let others in my situation know about your site. They thanked me for the information and told me they were not aware of your site.

-Zsuzanna, Canada

Yes it has helped. Your story about your mother and how she would go off on a loved one, and making things up. It gave me confirmation and helped me feel less alone. So I'm not really crazy!. You see I have a sister you I believe to be Bipolar...If I were to take on the task of helping her again, I do believe your course would be of great benefit to me. I choose not to help her, I do not have the strength to deal with such desease personally...I will recommend this information to others.

-Carol, TX

David, Your information has helped me. I have learned that I am not alone in dealing with these issues. My son, who is adopted, is has been diagnosed with bipolar...I have gained little kernels from your messages...I find the articles especially helpful...Your information is good for any family member who has a loved one just diagnosed. I already knew a lot of stuff. I have learned that I never stop learning. There is always something out there that I don't know.

-Tammy, NC

Your Bi-Polar information has been VERY informative to me and the family members. One example—the scenarios for bi-polars when they flip from manic to depression and the variables along the way. One of your check lists said if something is out of whack (not right) talk to the doctor...well, we needed to have the talk with the doctor, but the receptionist referred to the HIPPA laws and because our son is an adult she tried to say I had nothing to say about his treatment! Well, after that statement I told her "I may not be able to speak specifics, but for the sake of our loved one and your patient you can listen." She immediately put me through to the clinic's supervisor and now our son and his doctor are on their way to getting the "right" medication! Thank you!...I would whole heartedly recommend your articles to othersespecially those who actually knew nothing about bi-polar until a doctor diagnosed it, or a lawyer (defending the bi-polar)says you need to see a doctor...or a spouse says they can't handle it any more, or children say "what is the matter with me?"

-Judy, OH

Keep sending your emails...My wife has subscribed to your information and we find it helpful. Our son has BPD and I think you have spoken with my wife recently. Thanks for all your hard work in keeping this website going...I would definitely recommend it to others.

-Ralph, IL

yes, some. i have learned many things from your articles. sometime they branch off into other interesting sites. [to others:] ANY RESEARCHED INFORMATION THAT YOU CAN GET ON BIPOLAR CAN HELP. THIS IS FREE INFO. IT BRANCHES OFF TO MANY OTHER HELPFUL WEB SITES. IT ALSO RECOMMENDS MANY BOOKS AND COURSES TO TAKE.

-James, OK

yes i feel that some of the info has help me because I am a suffer of bipolar. some is more suitable for me and some isnt but that is what make each case of bipolar unique. thank you...if i learn of any new bipolar cases i will recommend your info in a heart beat

-Michael Howard Mullinix, KS

If your heart is in this, and I'm sure it is from hearing your story about your mom, keep up the good work. If you can even help one person, it's worth it!!...I already sent the info to my good friend.

-S.C., FL

YES!!!! I knew nothing until I found your web site. Now I understand why I do what. And half of what I say say. If it wasn't for your help I would not be where I am now. I have a job now and I have meds. thats work for me. Most of all my marriage was saved. I was about to get a divorce until we read your web site about how to be married to someone with Bi-polar...Yes, I would and I have [recommend this information]. I have a friend who my be bi-polar and ADD but she wanted to check out some info on it frist, before she went to her doctor. When she told me that the frist thing I thought of was your web site. So I gave it to her.

-LaDonna, CA

yes i feel that some of the info has help me because I am a suffer of bipolar. some is more suitable for me and some isnt but that is what make each case of bipolar unique. thank you.

-Michael, KS

I read all your e-mails and info... it is all knowledgeable info that one can only leard from. For me it helps me understand what my 20yr old neice is going through...Anything of interest that I think may help my neice or her family I forward on

-Amanda, Australia

Yes I would recommend your information to others please dont give up you are doing a wonderful work I know you have helped a lot of people as well as your Mom, your a blessing to a lot of people. God Bless you.

-Fannie, TX

I grew up with a sister who was bipolar, yes I said WAS....she took her own life in 1992 at age 23. She left behind 2 babies, ages 2 and 3. I know the devastation this awful sickness can cause in a family. I have lived with the effects personally, and continue living with them as I was diagnosed with bipolarll several months ago. My fiance has no experience with bipolar and "knows nothing". I signed up for the course and read all the e-mails, then share the ones that pertain to him or I specifically, with him. I wish my sister and my family would have had your course back in 1992, maybe things could have turned out differently. I KNOW things will turn out different for myself, my fiance and my children, thanks greatly to your course. [to others:] The best way to cope with bipolar is to search for every bit of information you can... Grasp it and hold on for your life.

-Beckie, AZ

David,

I think that what you are doing is great. If for nothing else, the information that you have put together is worth the time...Thank you for your time and effort. AND PLEASE, KEEP UP THE GOOD WORK!!!!...Yes, I would and yes, I have [recommended this information to others]. it would take a very long time to gather all this information together. Thanks you for all you do.

-Christi, MS

Yes, I would recommend the info on Bipolar to help others cope with this mental illness.

-Mari, GA

You are helping out a lot. I started this session with not knowing anything about bipolar and now I know a lot more than I started out with...Yes I would recomend it.

-Tori, WI

it helped me to understand what they are going through and how i can help them throught it...the info is straight foward and relevant. it haz given me a greater understanding of what bipolar is and how i can help my loved one overcome it. definately worth a read.

-Ruth, New Zealand

When my husband was first diagnosed with Bipolar II in February of 2006, no one would answer my questions and fears-except you. Your materials have helped both my son and me understand what my husband is going through and as a family what we were going to be going through also. I have given the yellow book to most of our family and close friends to also help them understand Bipolar. Without the little yellow book, it would have been really difficult to help them through the process. The book actually says enough and helped me help others who are close to us. Please keep up the good work that you are doing for others... it is our only way of grasping a little hope and direction...I would and already have recommended your materials. In fact, my counselor has a copy of the book-at her request.

-Ginger, PA

Dear David,

Your material has helped me to be more tolerant and understanding when my 36 yr old son is manic. He refuses to take meds so he can be tough to be around, but because of you I don't take anything that he might say personally...I would recommend you information to any of my friends that might need info on Bipolar.

-Patsy, TX

I KNOW THAT SOMETIMES WHEN I FEEL REALLY BAD, SO ALONE THAT I CAN TASTE IT, IT ALWAYS HELPS TO HEAR FROM SOMEONE. IT MAKES ME FEEL A BIT MORE GROUNDED, ALSO, I REALIZE THAT I AM NOT ALONE, BUT THERE ARE PEOPLE WHO REACH OUT TO OTHERS, VERY UNSELFISHLY OFFERING COMFORT TO THE SOMETIMES FORGOTTEN (SEEMS THAT WAY SOMETIMES). SO I BELIEVE THAT MR. OLIVER IS REALLY DOING A LOT OF GOOD. DAVID CARES ENOUGH TO REACH OUT AND TOUCH OTHERS EVERY DAY ,

-Suzee, FL

It has help me with dealing with both a son and husband whom have this disorder...Yes I would recommend this site to others

-Sarah, AZ

News updates are very interesting - I want to keep abreast about what is being iscovered about this disorder. Since I bought the entire course, I don't need to receive offers on buying individual sections of courses...Yes [I would recommend the information], due to the reason above - keeping informed about new discoveries.

-Liz, NY

Yes, the newsletters and mini course have given me information that I have been able to send to my parents to help them understand more about my illness...My parents find your information helpful. I recently found out my brother is also bipolar and I have been sharing some of the information with him as well.

-Sandi, VA

from the moment on I have been enriched so much by the email's and also the course...you have put in alot of effort in doing this work...Do not give up hope on wether you have made a difference in the lives of the victims of this illness it has and will continue to enrich my life...I can say, I already have reccommnded your web sight to a lady I work with, and she has been encouraged by it. She has told her son about it also. I went on and reccommended the sight to my father because my mom also has bipolar, that is where I have inherited it from

-Charlene, KS

i think you are a wonderful person that only want to help people , and think that persons with Bipolar problems can only be helped with your help.you cant loose !!!!...thank you for all your mail and trying to help others . my blessings are with you. [to others:] def . worth joining if this is your problem and want to be helped.

-Roan, South Africa

Dear Dave, I really appreciate the info that you send. It has stopped me feeling on edge when my partner is going thru an attack. I feel more 'relaxed', but still feel nervous about what and not to say. I have been showing my partner the info and she has learnt more from this than from care assistants. She found part 5 interesting about the different types of bipolar. Thank you again Dave...i feel that if others can now benefit from yourself and the info that is passed on

-Dave, United Kingdom

it has helped me. i dont feel so alone any more. plz keep up ur good work in helping ppl like myself and others 2 understand this condition. Ty

-Chloe, United Kingdom

It has let me know that there are many people like myself...Yes I would recomend your information ..

-Jan, NE

Dear Dave,

Your material on bipolar disorder had helped me a lot because i suspect i am a bipolar. I had suffered a lot from my mood extremes especially when i was with people but never recognized what was the problem. People who knew me told me that i had a problem in my mood swings but refused to believe them till i thought why not check out. I didn't like to go to a therapist so I searched via the net & found your website. For the first time i believed I had a problem especially when you told your story about your mother. It was really helpful, at least to know how others around the patient define or feel about these extreme mood swings. So when i read about your suffering I believed that what they used to tell me what true & not just to do what they wanted. The links you provided in your emails had a tremendous effect on me because now i would know how to deal with this disorder especially that i met a great person & don't want him to fly away coz of my behavior. So i'm trying to change with your help, the information you provide, education whether they are herbs or pills, and the support of others. If nothing of what i said above had an effect on you or others, IT IS ENOUGH FOR ME TO KNOW THAT SOMEONE CARES... THERE IS SOMEONE WHO CARES ENOUGH TO MY SITUATION & SENDS ME STUFF TO MAKE ME BE A BETTER PERSON FOR ME, FOR MY FAMILY, FOR MY FRIENDS, & FOR MY SOCIETY. Thank you Dave...I recommend the information you sent us Dave to anyone who knows a bipolar person even if he/she just met that person, because if the one who is bipolar knew about this problem, he/she would definitely try to fix it. It is just unbearable to live the life of a bipolar especially when that person is totally ignorant about his/her situation. so your information is of a great help to all of us.

-Rajaa, United Kingdom

Hello David

I am trying to help a friend who's partner has a bi polar disorder...It has been a tremendous help to her...I would most definately recommend this site to others with Bipolar

-Jan, France

It has helped me understand my husband better and other family members of his who have BD as well...Yes I recommend this course to anyone seeking help or to even understanding BD.... Thanks for all you do and all the time you put in it.

-Deb, WV

it has given me much more insight of this condition. Keep up the good work!!

-Jan, IN

It has helped me understand what it 'is' and what it 'is not' and how I can better deal with situations which may arise [to others:] This is not just some text book blurb....this is real life experience and nothing more could give greater insight than being personally involved and then taking the courage to share with us so that we may benefit and gain true knowledge and learn to better cope.David is truly a generous soul

-Andrew, Australia

I like Dave's course on Bipolar Disorder. It really helps me to read all the information I can on this subject; somehow, it helps me cope with it better. If anyone can find the information, for biolar disorder, I'd say, "Dave can"!...I recommend Dave's cuurse on Bipolar to anyone who has to deal with it in one form or another. It helps to know.

-Starla, OH

No information is a waste of time if it helps other people. Something like Bi-Polar is not talked about enough in our society. There is still a big stigma about the disease.

-Renaud, Canada

It does make me feel better however knowing that there are people out there going through exactly the same as me... Do appreciate your e-mails though and how you are aiming to help people you don't even know both come to terms with things and actually act on it also...Thank you. [to others:] I would highly recommend it but ensure you act on what the e-mials say and do not ignore them.

-Lauren, United Kingdom

I feel that if your work helps just one person who is either struggling or trying to help a loved one to help a family member with bi-polar, it is all worth it...I would not hesitate to let someone know of the available information that you provide.

-Joan, CT

...Now reading your articles I have finally found information that I have been seeking. I now know that there are people out there that are going through the same things I am!! When I got your first article I finally felt that there was hope...Thank you! [to others:] Bipolar isn't an easy disorder to deal with in any regard. The information in the articles provided can be beneficial if you read and research wholeheartedly. This is not something that you can just "look into"! This information is wonderful because it isn't written in medical terminology and understandable.

-Jodi, WI

I think anyone who wants to educate themselves on bipolar should do so. I would take all the information I could get.

-Brenda, MO

Most of the material I have read in your Emails I have learnt by experience like yourself, but I agree with all to date...Your material on Bipolar Disorder would be very helpful to people who have recently been diagnosed with it.

-Maralyn, Great Britain

I enjoy the mini course and the information it supplies is helpful when dealing with patients with bi polar disorder...I do feel that you are really trying to help and think that is great. I have no doubt that you are throwing a lifeline to many people which no doubt takes a lot of time and effort

-Maria Trim, USA

I started researching on this disorder as a means to help my ex-husband. From what I have gathered thus far from your material, my ex may be experiencing this disorder. He displays many, many of the symptoms described by you. It is based on your material that I have convinced him to seek psychiatric counselling...I would certainly recommend your material to others as it has certainly helped me to get some closure for myself...Thank you so much for disseminating all of your material with such generosity!!

-Joan, Malaysia

You have helped me to see and understand why my boss does what he does, by knowing more it is a lot easier to deal with. He has been told by his doc. that he is bipolar but he does not believe it!! [thanks for the help]...anyone that really wants to understand bipolar will be helped by your info.

-Jay, WY

The information I have read and its is just about all of it has been very interesting. Learning what bipolar is getting help in different locations of your site.so please dont give up...I have recommend it to my daughters.

-Kathy, MI

Youre mails have helped me understand my brothers condition more,i never heard of the term Bipolar,never knew it existed,but this has helped me to diagnose my brother as having this whom is now undergoing all the help that he needs to help him,my self and my family deal with this more easily.Thankyou for your'e information...I never realised that my brother has this condition,when i read the emails,everything made sense to me,all the years of not understanding my brothers behaviour,this could help you too,like it has done for me,and give you a more clearer insight to youre loved ones behaviour,is very easy to understand too.I feel now we (my family)can move foward with the knowledge we have and be more supportive of him.

-Samantha, United Kingdom

I haven't got to read all that you have sent to me but the ones I have read has helped me to understand more all about Bipolar Disorder, so I can in turn help my son with his Bipolar Disorder. [to others:] I have this website that will help you. It is so great the help he gives you. Check it out for yourself.

-Linda, ID

I was at a loss with my boyfriend, didn't know if he was coming or going. I also felt that his mood swings were my falt, and have sence found that it isn't anything he nor I can control. So we take it day by day...Ive felt that your imformation has helped me trimendisly! I hope you continue with your information for other people out there...

-Jamie, WA

David, I look forward to reading your mail everyday. I myself think you do a great deal for everyone. It's nice to know that I am not alone in my strifes day in and day out. In other words, you make me feel good. Thanks for caring...I recently found out that I am bi-polar, looking back I understand now that I always have been. I was treated for depression but not not manic. You make me feel like I am not alone and that being this is not something you can't live with. Thanks again

-Regina, NM

I am a Missionary and your information is awesome because it helped me to understand a colleague of mine and forgive him completely - just because of what I learned from you.

-Hester, South Africa

I AM VERY IMPRESSED WITH YOUR NEWS LETTER SEEING AS I HAD A VERY HARD TIME REALLY FINDING OUT ANYTHING ABOUT BI-POLAR. YOU HAVE DONE A WONDERFUL JOB. MY BEST FRIEND HAS BI-POLAR AND I AM TRYING TO LEARN AS MUCH AS I CAN ABOUT IT. THANK YOU FOR A GREAT NEWS LETTER. I HAVE LEARNED SO MUCH FROM YOU. THANKS AGAIN AND HAVE A WONDERFUL DAY. [to others:] I HIGHLY RECOMEND THIS NEWSLETTER. DAVE GIVES SOME POWERFUL INFORMATION THAT I NEVER KNEW ABOUT BI-POLAR.

-Debby Ludwig, TN

More than anything, your newsletter and the teleseminar that I took part in, has helped me as the girlfriend of a man with bipolar disorder, to feel less alone. I've often felt scared because I thought no one understood where I was coming from. Much of the information I found, before your newsletter, was focused on those with bipolar, not their supporters. You have definitely helped me to feel more confident about my role with my boyfriend. Thank-you... I would definitely recommend it. You are an average person who knows what it is like to watch a loved one suffer with this disorder. That helps so many others who are in the same position to know that it is possible to have a happy, fulfilling life as the supporter or as the person with bipolar.

-Sheena, NY

I would recommend your information, to others, because I know that the information is correct. My daughter, who is married for the 4th. time, now, has been through many episodes, exactly like the ones that you describe.

-Marlene, Canada

dear david,
you have helped me understand my best friends struggle with bi polar a great deal more i really appreciate your email etc keep up the good [to others:] david olivers e course is very helpful he does a wonderful job.

-Melissa Pleitner, Australia

Your Thursday evening audioconference two weeks ago helped me understand how to help my husband. Also, I find your information very informative, because I often take how he acts when in a "down" personally. [to others:] David Oliver's newsletters and audioconferences are extremely helpful. Many times my husband has told me after he comes out of down that it's not me, and that I need not take anything personally when he says terrible things to me. David reaffirmed that and I am able to make it through the downs without being personally drained.

-Annie, OH

It has helped me understand more about the disorder that my boyfriend has. I didn't really know anything except sketchy details he had told me himself. It has helped me to understand my boyfriend so much more and also how to deal with his depressive lows which I now feel I am of help to him. Helping him pick himself up, we do it together... This course is especially resourceful to those caring for people with Bipolar disorder as it gives a higher level of understanding than many other sources on the internet.

-Tess, Australia

...I was in on the teleseminar and I really enjoyed it, I also think that those if you can, should continue.. Maybe highlight some things for those who actually struggle with bipolar, take more one on one Q@A,s I love what your doing...I look forward to your newsletters as someone with bipolar, you are making a tilted walk a little straighter, at least for me... Absolutely, you are making life possible for those who really struggle, everyone who is suffering from or living with someone with bipolar can benefit.

-Renee, TX

I appreciate it because getting my family to understand my illness is quite hard. your mails give me the the right words in a easy way to understand. I suffer from bi polar 2 dis order. .. It is an easy way to overview this illness in a way most people can accept. Non threatening and informal way to relate this kind of info.

-Patricia, Canada

You have made me aware that there are more people than I thought with bipolar. Plus, it is being talked about more because of exposure where as before it was more of a stigma to talk about someone with a mental disorder...yes, I have mentioned your material to several people.

-Theresa, TX

I have suffered from Bipolar Disorder for many years. I have found you site to be very helpful and I hope that you will continue to provide the much needed information to those of us who appreciate your efforts...I would recommend your information to others because it is written in plain English not medical terms that no one can understand.

-Donna, WV

I have been diagnosed with Bi-Polar since 1998 and I have never been able to understand what it is and explain to other people what the disease is. Your information has helped me in that way...I am thankful for the information you have supplied free of charge.

-Barbara, NY

I am a psych nurse, and my personal Dr thinks im bi polar.I really think i could go either way. I love the e mails They give me information and insight

-Melissa, WV

At least I know I am not alone in dealing with a teenage daughter with bipolar. It is so confusing knowing what to do. I feel like you can take what is helpful and leave the rest...I'm sure there are a lot of people being helped by your information...Yes I would definitely recommend it. I have a very good friend who has dealt with it with her daughter and she has been my rock through all of this.

-Donna, NC

yes it has. I was at a loss at to understand what hy daughters were going through. At first the doctor also thought it was a phase they were going through as teenagers.! But they are beyond that now. [to others:] I would recomend everyone who has bipolar or know one who has it to read david Oliver's notes on it. I wouldn't have known what to do, otherwise.

-Joyce, Great Britain

The information you send around is helpful in a way that many people get confused about what the difference is between bipolar and depression. Keep up the good work and it has made my partner realize some things that she wouldn't and didn't believe until reading the information...The infor mation you send me is already forwarded on to others that like to know about what the illness actually is because i like to have as much support as possible.

-Martin, Australia

Dear Dave;The information i've gotten from you has helped me to learn how to cope with my daughter much better.Her and lhave got to where we get along much better,she is bi-polar with mood disorders,i've come to be much more able to cope with her and it's because of reading your information and knowing i'm not alone...yes i would reccommend it to someone else because it helps you to understand more about mental disorders,and sends you to web sights that have infomation on mental disorders and also on medications

-Glenda, TX

David. I love your information. I was in a marriage for 21 years that failed mostly due to me having bipolar disorder. my husband at the time did not understand nor belive i really had it...We were looking on the internet one day and come across you.We both subscribed to your courses. we print them out and read themtogether. it has heled him trmendously with understanding and coppon with my disorder and moods swings. I can't thank you enough!!!! [to others:] I would greatly recommned david's bipolar information to anyone who has it,has a loved one, frineds with or works with anyone with bipolar. it is informational. and it gives you more sights to look up more information.

-Shari, WI

I think it's great, Dave! It's helped me to deal with and accept my sister's condition, and know how to treat her. I wish i could do more for her however, because she is in another country. ..even though I cannot be there to help her, I gave the info you sent me to her daughter, who can. She's been thanking me ever since for that help! So, keep on keeping on...Yes, because of your insight into the problem, yourself, you are able to give it the personal touch, Dave. Very effective, indeed...as you've been there and seen what does and doesn't work. Thanx, so much!

-Gwen, IL

It has given me insight into what bipolar is and how to help my daughter. The news and information keeps me in touch with what is happening with other people and the world at large. One of the worst things about bipolar is not knowing what is normal and what it bipolar and this sight helps with that...I would recommend that people visit your sight. In the UK there is little or nothing available to us and this sight has been a life line. The e-mails provide a life line and make us feel not so alone.

-Anne, United Kingdom

All your news on bipolar disorder is very helpful to me and my family. If you stopped sending all your helpful information I would not know where to begin to look for help that you have sent me in your articles...If anybody wanted informaion on bipolar disorder I would highly recommend your web site.

-Shelley, Canada

Hi Dave,

They say that if we only help one person, then our efforts haven't been wasted. I am a Bipolar person myself and although i have done much research myself, I have found your links to various sites so helpful. My husband has been reading your course that we receive and although some of it he already knew, there is alot he doesn't. It's simply written allowing even those who find it hard to take things in be able to understand what it is you are discussing. Some of my friends who aren't interested in the full details of Bipolar, have asked for a copy once I finish receiving all the course parts so that they may be able to have a better understanding of my illness and how they can help me. Which shows it has also been a usful tool in bringing up discussions with family and friends. [to others:] When you have Bipolar it can be confusing and hectic enough, but when you have to be around someone who has the illness that can be extreme, not to mention frustrating, unsure etc. Dave's information has helped my family to not only be more open about the illness but also more accepting of my behaviours. When reading any of Dave's simple but informative writings' there is no mumbo jumbo but plenty of helpful ideas and information.

-Brooke, Australia

My Fiancé is bipolar and before I started receiving this information I thought bipolar was more of an excuse and something that a little TLC could take care of. Not only that but it also gave me the ability to have patience and change my attitude to help make things work between us. It also gave me the reassurance that things can get better with the appropriate help and care. And I am grateful that I have and still am receiving this newsletter. It's nice to hear from someone that has dealt with the same circumstances that you have and get advice. I appreciate the time and effort that has been put into it. Thank you...I would recommend it because I do feel as it is helpful.

-AN, USA

Because of your free course I'm taking and your booklet(I ordered 12), I feel like I'm just now understanding my son. I'm no longer angry or hurt when he is in an "episode" and says horrible things to me. In fact, your information taught me that right now, and perhaps forever, I can't be too invasive in his life...With your help, someone with whom I can identify, I feel like my son and I now understand what the other is going through and we are committed to getting through it together....I've met a few people who don't understand their loved ones behavior, so I'm sending them the booklet and begging them to long on to your website.

-Norma Jean Riley, FL

It sure has helped me more than I expected,since I haven't been on good terms with my mother.Slowly I'm beginning to get a grasp on many aspect on my life that were spiralling out of control. Thank you...I would tell any one out there that they are not alone.There are people out there who care.You might not know them,but hey are just waiting to lend a hand and a shoulder to cry on.Its not too late.

-Kim, Botswana

Hi David:

My wife has Biopolar and your doing a great job. Keep up the good work.
recommendation: I would recommend David's advice on Biopolar to anyone in need of help.

-Jerry, MN

Hi Dave,

...I have to commend you on how great of a job you are doing. I really appreciate that you take the time to help me and any others that have no where to turn... Please keep helping all of us. Thanks so much...

-Celina, Canada

this a great site to point you in the right direction to get started, there is a lot to learn and this site helped me a lot in my journey to understanding and get the ball rolling with helping the one I love dealing with bi-polar disorder.

-Gianfranco, VA

...Please don't stop. My mother and I have benefited greatly from the information you share. We are dealing with my sister who is finally now in a care facility that is helping her deal with her bi-polar condition with behavioral modification and medication... you have given us hope and understanding. Thanks so much... Yes, very comprehensive about the bi-polar condition. Very comforting to family members.

-Brenda, IA

Yes, for those of you needing basic bi-polar information, the online course is a helpful start on your journey to wellness. If you are looking for more in-depth information, purchase the course.

-Courtney, AZ

I don't always have time to read EVERYTHING you send but I save it to a folder and read it when I get a moment in my hectic schedule. It has always been helpful, not always applicable to me, but useful none the less. Continue to include me in your mailings... You are my only source of Bi-Polar info at this time so I do appreciate it

-Kim, Canada

it awes helped me to understand mt niece. i really do enjoy reading your emails. so please don't stop your site....i would recommend thiis site for my sister. It will help her with my niece.

-Laura, NJ

Yes, I'll read everything you have written...I have done that [recommended the information] to 4 of my best friends, they are all nurse and one are psykolog.

-Solvi, Norway

Dave,

You have been a great help. I look forward to your emails. I have learned so much. My son is almost 20 and bi polar2 with rapid cycling. He was never diganosed until his father died 7 years ago from a fall at work. Life has been extremely hard. You have helped me understand him and his disease better. I have been able to educate my family more now, then understand better also...I have mentioned your web site to our family doctor. I told him how much it has helped. I gave him one of your books I bought.

-Robin, PA

It gave me a good insight as to the type of (stuff) I was dealing with. This thing,(bipolar), Is the most horrible thing I have ever experienced...Your info has at least shown me(we're) not alone. And we can survive. Information is King! Thanks for standing in the gap!

-J.D., GA

Your info. is very helpful, I appreciate your hard work and it has enlightened me to many new aspects about bipolar... I appreciate all of your info.. THANKS...I would recomend your info to others because many people think they know what bipolar is and they don't have a clue. Much of your info. gives new looks on it and it can also be very informative especially since it is free or low cost compared to others.

-Aaron, TX

It has made me alot more patient with my brother it has also made me understand the disease alot better...Your material and mini course has made me really understand whatr is happening to my brother I would never wish anybody through what I am currently going through, but you have made it so much easier for me to handle. Thank you so much David.

-Kasey, Australia

Yes, the materials are really informative...I would certainly give information to others about the help you are offering in this field.

-Rochur, India

it has given me a little more insight into what it means to be bipolar, it has made me appreciate my mom even more (who is bipolar), since I know she tries so hard to be "normal" i guess...Yes i would [recommend this information], although I may not use all of it, I know I would be very helpful to those dealing with bipolar.

-Kristen, Canada

I am one who has benefited from all of your emails and teleseminars, and I can vouch for my boyfriend who might be bi-polar and after reading emails and listening in on his speaker phone to one of your teleseminars he has gone to a doctor and he can deal with me better and is not willing to give up on our relationship...Thank u, thank u. Keep up the good and needful work!

-Marie, TX

Dave, I have just started with your information. I needed it for my Grandson who will be 7 years old this Month. My daughter-in-law just found dout that he was bipolar just a few months ago. So i have been doing a little research on it. Your info so far has been helpful....thanks so much for what you have done so far...Yes I would recommend your information to others

-Willa Mae, AK

I have the Supporters Manual and other info and found it very helpful. At present my husband is in the process of being diagnosed...Meanwhile, I am reading as much as I can of your Basic course as none of these professionals have gone into detail with my husband at all as to the true symptoms...What I want you to know is YES—your information is extremely helpful and expounding and easy to understand in laymans's terms...Yes, I would recommend your Bipolar information especially for immediate family members who have suffered the consequences of this complicated illness.

–Elizabeth, Australia

I've found the information available from you is invaluable and alot more indepth than anything on the leaflets they have at the health centers. I really appreciate having such a fountain of knowledge at my finger tips when ever I need it or need to urgently check some thing...I would say that its the most profound information available to sufferer's and relatives around at present and that it is worth reading.

–Kirsty, United Kingdom

...the small portion of information that has been sent to me has helped. I also do not have the internet at home so what I have received has been through my e-mail at work. My boyfriend, who I live with, is bipolar. He was diagnosed with it as a child... It's been tough from time to time with the drastic mood swings but the bits and pieces of information that you have sent me has helped me to cope with it a little better... Thank you for your free e-mails. [to others:] I would recommend David Oliver's information on being Bipolar to others because it is very helpful in coping and understanding how this illness works and what to do to make things better in not only the life of the one with the illness but the one who lives with this person.

–Rebecca, TN

Its excelent, not for me because I don't have this problem, but my friend, ask me to do for him, and give him all information; I see a lot change on his life...I appreciate what u been doing to my friend. Thanks so much...Of course I will [recommend the information to others]

–Hugo, MA

it ahs helped me personally understand alot of the things that i am going through, and why i feel like i do alot of the times...Dave, you have helped me exspress things to people. My children and my husband, also I have a friend that is also bipolar and i take what i read fromyou and talk with her about it. we have really helped each other and enjoyed our times together discussing your letters and seminars speeches

–Tracy, KS

I find the materials in your email to be very helpful with understanding the symptoms of BiPolar Disorder. I also feel very reassuring by your information that I am not alone, and through your info it has helped to lead me to the directions I need to take in order to help my husband with his problem. Keep up the good work, I know there is others who feel so much better through reading the materials that you put out available to everyone. THANK YOU . [to others:] I recommend the information to anyone whom is struggling as I was and still am in trying to understand Bi Polar Disorder and recognizing its symptoms leading toward episodes.

-Sue, OH

Yes i found it very helpful and so has my partner ...i am sending your site to a friend of mine who is a counselor she has asked me to send it to her when I told her about the site thanks for all the help you have given me and my partner...YES I WOULD [recommend this information] AND HAVE DONE.....

-Marsaret, Ireland

DAVID, YOU HAVE HELPED MY HUSBAND AND I TREMENDOSLY WITH YOUR COURSE, ESPECIALLY REALIZING THAT THE RIGHT MEDICIN IS THE KEY, THERES IS STILL ALOT OF WORK TO DO BUT THE INFORMAION YOU HAVE SUPPLIED THROUGH YOUR CARING AND HARD WORK WE ARE HOPING IT WILL SAVE MY SONS LIFE SO PLEASE CONTINUE...this material IS LIFE CHANGING ON HELPING YOUR LOVE ONES LIVE A BETTER LIFE

-Judy, OK

There have been a couple golden nuggets in your materials...The binder article of the man with a bunch of science degrees has been helpful to my husband who has bipolar. The list of symptoms for bipolar is helpful. The suggestion of being involved in my spouse's treatment is helpful, but he is pretty resistant to it...which makes me sad. Knowing that I am not alone is helpful. Your story you said about how your family ignored your mother's problem and it didn't go away is a good reminder to me to not ignore my husband's. [to others:] David's course provides some practical advise on creating a plan and structure for coping with bipolar disorder.

-Jennifer, OH

Thanks alot for your kind efforts.I really use of your free articles and by reading every one ,i become happier than before,because i learn more about the disease.Then i can handle it better... you are doing a great work. Again thank you...Please send more free articles.

-Azar, Iran

thank you so much about your precious informations about bipolar, it helps alot to deal with my friend...thank you so much for your great help&keep me always informed

-Nourhan, Egypt

I have learned a lot of very helpful things to do with my daughter and to help me better understand her! It is helping to also understand herself better. She was recently diagnosed with Bipolar and she doesn't understand a lot of what she does or why she does them or says them. It has helped us in so many ways! Thank you oh so much...Yes Dave I would recommend your information to anyone who would take the time out of their busy lives to learn from someone who knows by experience rather than just what the Doctors share with their patients and all the ads they can read. Your information is put into words so that anyone can understand it all!

-Alta, NV

I am the mother of a newly diagnosed 6 year old boy. I had been having a great deal of difficulty getting much information before I found you! Now, I am able to learn (a little at a time) about my sons' problem, his prognosis and treatment options - all in terms that I can understand. [to others:] I would highly recommend David's information on Bipolar to those with this disorder as well as their loved ones and their providers. Yes, even the providers need this information so that they can fully understand the scope of the problem and perhaps pass some of the suggestions along to their patients. (I am a nurse and a mom of a newly diagnosed bipolar child.)

-Mary, TX

I subscribed to your newsletter because people have told me that my son is bipolar. It has been very helpful to me and being more patient with him and knowing how to talk to him when he is depressed...Thank you...If I knew someone who needed it, I would point them in your direction

-Cathy, Canada

Your course has helped me in understanding my partner, and how this disease can affect her but our whole family. I appreciate all that you have done, please keep it up [to others:] So far this course has opened my eyes to a whole realm of possibilities in as far as how to build a strong and loving relationship with a person who suffers from the bi-polar disorder, I strongly suggest that you at least look at the possibility that you may lose out on a full and happy life with someone that you care about by not giving this course a chance.....

-Andrew Fletcher, Canada

it made me relies all the things i was feeling had a name and that i was not crazy...your course is very informational and some days i sit back and say "thats me ".i would recommend your information to others. It would help them greatly.

-Richard, OH

...I read everything you send me. Keep up the good work...David you ARE the source of information...Keep doing your excellent job!!!...Yes. I go to therapy and I exchange information with people. You are doing a great job!

-D.L., IN

It has helped me and my loved one to understand the complexity and difficulties when it comes to having a bipolar disease. We now know that there are certain things that are so important that you simply can't ignore them if you hope to have a good life (such as routines, medication a.s.o.) despite the illness...I really recommend your information on Bipolar, not only to those who are directly or indirectly living with the disease, but also to everybody else. The more people get to know about this awful disease, the better for all the sufferers. Maybe the day will come when people will stop saying things like "why don't you just take a walk or something - that'll do you good!

-Leif, Sweden

I have only just recently found out that i am bipolar and am still coming to terms with it myself. Davids conitued support and influx of information into my email box has opened my eyes and started to prepare me for what lies ahead although by the looks of things i still have a lot of work to do and this i hope to accomplish through the help of david and his articles. they are extremely helpful and insightful. - thank you for taking the time to help others in need...As I said i am very new but it has given me a much clearer understanding i am only on part eight of the course but yes i would definitley recommendyour info to others its helped me without being overbearing or to filled with medical jargon.

-Leigh, South Africa

Yes so far its been helpfull for me, to understand my x girlfriends disorder/condition. As you claim you do say what others don't which is good to others:] a truthfull guide that helped me understand maby it could help you

-Andy, United Kingdom

I want you to know, i enjoy your emails and I do belivie they help. I have use some of your words and tech. to other people. Keep up the food work. Thank you a lot...yes I would [recommend this information], i hae gave this site to other people.

-Paula, VA

my boyfriend has bipolar disorder and he refuses point blank to talk about it so without your information i would not be able to help him or understand anything about it. thankyou x...i would definitely recommend this information

-Lou, United Kingdom

Although I'm still new at this and have yet to have an official diagnosis for my 18yr old son. I find your materials and information very informative and Eye Opening

-Kelly, CA

Your material has helped me tremendously. I have yet to complete the Masters course but what I have covered has been a GREAT help to me and my bipolar fiance. Just a couple days ago she told me she was going to stop taking Depakote her bipolar med, that same day you emailed me an article from whymeds.com and I forwarded it ot her at work. She read it and is now committed to her meds. So thank you very much....When my bipolar fiance saw the masters course in my hands it made her realize how much I truly loved her...This is the most complete information package available and worth every penny.

-David, CA

...I think that you have excellent information and are obviously a dedicated, well informed resource...I would recommend it to others...

-Wendy, Canada

your material is to educate me about Bipolar disoreders,than it has helped me to know a friend of mine better.She has Mental Health disorders... I think your info can help people But they must use it with professional help.I read it to Learn,i/m not a Professional.Keep doing what your doing...

-Joe, NJ

Your material on bipolar has helped me to understand a close family member, who was diagnosed with having this disorder.

-Sharon, VA

DAVE-

This information has really helped me understand my boyfriend and brother a little bit better. i mean me and my b.f have really connected and we both read the emails. he has bipolar just like my brother but they are completely diffrent. its really hard to handle my b.f's depression moods at times but I manage to get through. thanks for all the help!...i have told [my friends] about your site they have liked it.

-Allysia, MN

Dave... Everything you have sent us has been extremely helpful to my family and myself. We have finally began to understand exactly what bipolar disorder is and the symptoms and repercussions that come along with it. There is just so many positive statements I have to say about it but it would require me starting to write my own book about the dedication and explanations you have provided us with. Also, please realize and take full credit for the fact of how you have helped to change so many lives and families knowledge and understanding of this disease. I am demanding that you continue with your website, information, links, events, etc., not just for the sake of your own self satisfaction but for the sake of all the lives you have unknowingly saved and helped [to others:] We have finally began to understand exactly what bipolar disorder is and the symptoms and repercussions that come along with it. There is just so many positive statements I have to say about Dave's website but it would require me starting to write my own book about the dedication and explanations he has provided us with. I wholeheartedly and highly recommend all those individuals and families out there who have a loved one with Bipolar Disorder to take a few minutes to read some of the information this website has to offer. Within no time you will realize that you'll be waiting for the next newsletter to arrive with additional information. And the best thing about Dave's website is that it is written to where even a child can understand it...it is written especially for the public to comprehend and not written in doctor terminology.

-Ileen, NJ

I now understand alot more than I did before. My husband has the disorder and for 5 years I have been though hell with him...Everthing you talk about is my husband. He gets so hateful, I cannot stand it. Your material has answered alot of questions for me...I would highly recommend your information, you are the only one out there that does have answers. Alot of sites explain what it is but that is all they do. No one expalins how to cope with it and what to do.

-Leslie, PA

This has helped me out to help others, actually, I've been trying to help a loved one and he had known new things about bipolar, lithium side effects, nutrition and others...He has been diagnosed about 18 years ago and he is still learning. I also have a friend who has a bipolar relative, and she is very grateful because I've been giving the information I receive to her, and it has been very helpful for them!!! [to others:] You can have a real guidance on what and where to find this kind of information, which is not easy at all to reach...Actually it encourage you to keep studying on bipolar related things, and keep the faith that you can help others with bipolar dissorders.

-Monica, Costa Rica

Yes, it has! It has helped first of all my girlfriend to realize that she needs medical help and to get on the right meds and second for me to know how to handle her episodes better.

–Andrew, Canada

Hello Dave.

...your articles...they've really helped me cope with this disorder, I didn't understand anything about it but your newsletters clearly explain everything. I've tried reading library books on this subject but everything was so complicated. So, I thank you for helping me totally understand. [to others:] Dave's Bipolar newsletters have clearly explained the sides of this disorder. I thank him for being so helpful and an inspiration to others.

–Sara, Canada

Dave, Your material on Bipolar Disorder has given us hope that with proper treatment and a good understanding of the illness, Bipolar Disorder can be managed. We were able to hook up our son w/a caseworker from the Department of Rehabilitation for help finding employment. It was your material that led us to this agency. [to others:] Anyone who suffers or knows someone who suffers from Bipolar Disorder has nothing to lose and everything to gain by subscribing to Dave's newsletters. I am less anxious about situations that arise. I am more prepared for the bad times if/when they return. I was able to confidently insist that my 29 year old son take his meds, no discussion was allowed. He listened, took his meds and thanked me the next day!

–Pam, IL

Since I have acquired a bipolar person in my life my tendency is to look for good sites and blogs. I have found yours and you do provide some links...You are always going to be a "transition" man, learning and sharing as you go. I like that.

–Carole, CA

Dear David, My husband has bipolar but has refused medication. However, we are going back to the dr. who said he needs it and I think he will take it. Your articles have helped me a lot to know he does have it and I also go through his angry screaming fits easier now that I learned you had been through it. I know eventually we will get help he needs. Thanks for your help. [to others:] I would definitely recommend David O.'s articles for bipolar for anyone who has it or is living with someone who has it. He has helped me a lot to know how to deal with my husband who has it and I am on the right road to get him help which he is resisting. It helps to hear from someone else who has been through the same thing and got help for a relative who has it. It gives me hope and encouragement which I do not always get from doctors. I have learned not to take what he says personally and this is very hard. Thanks, David.

–Phyllis, IL

so far I like the links to research articles...I've forwarded your link to 2 people so far. my sis who has been diagnosed bipolar & a friend who's sis probably does

-Jodie, NH

Hi David

Your newsletters has helped me understand bi polar and intermittent explosive disorder. They are very informative for me, but trying to get my gf to sit down for a minute to try to get her to understand or explain something about it to her is a challenge. But other than that your information is very helpful.

-Randall, CA

I carry out many lectures on bipolar disease. Your course (199 dollars) is worth every line of it. Your main message, and that I could not find it anywhere else, is your solidarity, namely, your understanding that I can keep loving my wife despite all the ruin she has caused me in eleven years...Thanks to your support I am now engaged in a therapy session with my wife, and I also visit a psyquiatrist to learn more how to deal with a loved one....The 199 dollar course is particularly helpful to learn how to deal with loved ones suffering from bipolar disease. My friends recommend that I forget my wife altogether since she has done me a lot of harm. I might eventually do this if she insists in not getting adequate treatment, however, there are two children, 7 and 14, my beloved sons, and I cannot abandon them to her neither I can separate the children from their mother.

-Carlos, Mexico

I haven't had time to read every email top to bottom, but what I have read is very helpful and interesting, I am really looking forward to listern to the meditation CD you sent out to me...Yes I would for sure recommend your information to anyone I thought you would help

-Annette, Australia

Your information has helped me to understand the disoder better. I have an aunt that is bipolar and she tends to drive me crazy sometimes but since I have been recieving your info I have been able to understand why she is the way she is....Yes I have recommended it to a friend of mine.

-Gwen, Canada

David I an afraid of the unknown. But with you e-mail I have learned alot and I will be okay.My daughter is in the beginning of this but she is dealing with the courts and ofcourse they do not know anything about this...Thank you for all your help...I would tell any parent if you see one sign of bi-polar get on your e-mail and get your love one help. The sooner the better. You have help me alot.

-Mavis, GA

You have really helped me understand what bipolar is. In fact I am the one with bipolar and it is very hard for me because I feel like I am a burden my family on my family and there are times when I feel like they don't understand. I tried to send to send your course to them. To the point, you have been a lifesaver for me. THANK YOU VERY MUCH!!!!!!...I think that my parents and my husband would really benefit...

-Meggan, MI

The information has helped me because I seem to keep coming upon more and more people that are bipolar. Maybe they were there all the time and I just didn't know it. I work with College Students and many of them suffer from the problem. I can only say I think it helps me understand them as well as the others better...I have recommended your course and emails to others. I probably come upon the same stumbling block you do. People just don't want to hear about it, as if not hearing makes it not true...I recommended it to another person who has been dealing with her husband for a number of years. I became aware of it when he went through a sever episode so bad he had to be hospitalized for quite awhile. She thanked me for the information.

-W.J., TX

I have enjoyed reading the information that you have sent out to me and others...I have sent your information to my daughter that I think could be bipolar.

-Carol, NC

David,

I am just getting into the "meat" of learning about bipolar. I am dealing my husband and me...The articles I have read so far have been right on! I just read your article on planning for episodes. We hadn't really thought about it this way but it is something we are going to try especially since we have the one 18 year old that will be spending the next two weeks with us. You're right that people really don't know what's it's like...So far, your articles have given us insight and hope...Focus on those people that are finally seeing the light on bipolar.

-Lesle, MI

I highly commend you for the dedication, time and effort you have taken in explaining in detail what BIPOLAR condition is all about. My husband and I have paid a fortune over the past 23 years to the Doctor (Psychiatrist) who has treated our son to learn all about his condition and your notes and reading matter have taught us more then anyone else ever has and that includes the nursing staff where he was on several occasions...As this is such a complex illness parents, friends and loved ones also need a support system by way of knowledge to assist them in coping with the patient's needs.

-Diane, Netherlands

I am reading and studying the material you have provided and looking forward the next installment of your mini course...Of the material I have received I would recommend it to others that want the information.

-Donald, TX

If I knew anyone else having problems that hasn't learned to confront and deal with them, I would tell them about your information. The people that I know have been dealing with bipolar for many, many years and they are insynch with what needs to be done, whether they're bipolar or a loved one.

-Annemarie Katz, OH

This material and every bit that you send is helping me to understand why my son of 30yrs committed suicide. It helped me to come to terms with this whole situation. I did not understand at the time and no one did, however, now I know what he must have been going through. I read all your e-mails and is grateful for any bit of information you send. Thanks a lot...I am passing all your information on to others (friends and family)—even they have a better understanding now

-Esme, South Africa

It has helped very much since my sisterinlaw is bipolar...I would greatly recommend your thought and ideas on bipolar to anyone who really cares.

-Karen, OH

Well initially I thought that it was a lot of money but I have to say that it has been the best money I've ever spent. Your Course Has not only helpeed me start to understand why my bi polar partner has done the various bizarre things that he has during the last 27 years, His bi Polar was untreated until last year when he was sectioned at our local psychiatric hospital. I was trying to understand byut I rally need some good old fashioned english that I could relate to and your course has certainly done that. I've now started to pass it around to the immediate family and with parents at 75 years of age I'm so pleased that they have also come to have an understanding as to just what their son has been through for the last 38yrs and they like myself will not allow the stigma to be badged to him by anyone. I love him and I'm certainly not going to say that lifes a bed of roses 24/7 but I know what to look for and he actually listens to me ...Thank You again, I personally think that you're doing a brilliant job, you provide a service that I for one was unable to find anywhere else on the net. [to others:] If like myself and my partners family you really don't know what the ins and outs of Bi Polar Disorder are, may I suggest that you buy this course.It is a fantastic source of information that really is so easy to take in and you'll probably find that you can relate so much to your own situation.

-Catherine, United Kingdom

Dear Dave:

In response to your E-Mails, I can say that they have helped me alot in understanding what Bi-Polar is. At the time I found your website I was at my wits end with my husband's episodes that I felt he was either going to jail or go to the hospital. He was so voilent I now have new holes in my kitchen and dinning room walls. I feel I need to continue to see what I can glean. There are those who need this information. I thank you for all you've done. [to others:] Dave has alot of free information that can help someone to recognize the symptoms of Bi-polar disorder. This information can be used to help doctors diagnose patients suspected of this.

-Karen, MI

Your articles have helped me to know what to expect...I would recommend that people with bipolar friends or relatives read your information. I ordered five of your little books to send to various people.

-Ruth, TX

Your emails are never a waste of time...The information I've read from your newsletters etc...has helped me better understand why my girlfriend does some of the things she does and how to interact with her when she is having a low moment

-Jaime, Canada

Recommend your info. to others as this makes people aware of the symptoms and can get the appropriate help. And if a person is diagnosed as bipolar friends and family understand and are able to handle the person correctly.

-Cecile, South Africa

Dearest Mr. David: YOUR information on Bipolar Disorder HAS assisted me A REAT DEAL in knowing, recognizing AND understanding symptoms/reactions, and processing of this thwarting disease...PLEASE & KINDLY continue your work, your diligent research, your devotion, and intense efforts on this subject. IT IS such a GODSEND. I HAVE grown as an adult AND partial care-giver to others b/c of it. I ONLY WISH I HAD HAD this information 10 - 20 years PRIOR. IT WOULD have alleviated MUCH emotional pain, deep trauma, tensions AND suffering in our family. Thank you once again. [to others:] YES, I would recommend Mr. Oliver's information on Bipolar Disorder. IT IS richly detailed and helpful, especially in assistance to ALL family members and caregivers affected by this troublesome illness.

-Theresa, LA

hey dave well my boyfriend rene has bp and your corse helped me to know befor the epeiod the syptoms and to know what would happen to him and how to help him well i think your cores is a really big help. thanks dave

-Jazmin, Canada

yes, I have a daughter in law that has bi-polar. I was and still am having trouble understanding her mood swings. She has tried to kill herself 3 times in the last few years, the last 2 times have been recent and close together. This is very hard on my son and grandson...How do I help or understand all of this? I have read all your e-mails and I thought I was getting it a little, that it was not her fault and she couldn't help it. But after this last time I feel helpless and don't know how to help my son get through this. Your information is helpful but I still don't know why any one would want to die...I have told my son about your support on line and told him to read the information so maybe he can better understand what his wife is going through.

-Gloria, CA

really enlightened me on bi-polar especially having a bipolar son your info has helped me to understand more about him and HIS Actions IT HAS HELPED ME AND MY DAUGHTER SHE HAS MARRIED A BIPOLAR MAN AND SAYS IT HELPS HER TO DEAL WITH HIM AND HELPS HER TO UNDERSTAND HIS MOOD SWINGS...I WOULD AND HAVE RECOMMENDED YOUR MATERIAL ABOUT BIPOLAR I REALLY FELT IT WAS A HELP TO THEM THAT HAVE LIVED WITH A BIPOLAR PERSON THEY HAVE SAID IT HAS HELPED THEM TO UNDERSTAND SOME OF THEIR BEHAVIOUR AND HELPED THEM TO DEAL WITH IT

-Kay, NC

Dear David,

I feel I have benefited from your information and look forward to reading your articles. I just went through a manic episode with my friend and have realized how extremely important it is to understand this bipolar disorder....It is sort of like AA, or cancer or a death experience, until YOU experience it you cannot understand that journey. Keep up the good work because information is KNOWLEDGE and gives us hope and faith to walk through the fires...Yes, This information is very much needed as I feel there is a lot of this around more than we think. We are on a new frontier of knowledge and this is very serious spiritually and emotionally as well as physically to the ones going through the ordeals.

-Linda, CO

I now can know ahead of time what my friend might have happen to her. She is now at the hospital for 8 weeks to get checked out about her Bipolar...I think the stuff is great but I need to know more...Please send me new stuff on Bipolar.

-Melinda, Canada

Yes I would recommend your information on bipolar to others as it is very complex and needs to be explained to.

-Joanne, PA

You are a blessing to anyone who has bipolar. I was just diagnosed and all i have been doing is searching the net for support and info. I have learned so much from you. I have been even getting my husband to read things on this site for him to further understand my condition. You really gotta be educated with this stuff in order to survive it. I've been doing three things for myself since i've been diagnosed: I go to therapy, i take my medicine AND I go to church and believe me, i'm doing better than i have ever been in my life!...I seem to know several people with bipolar so i will tell them.

-Erin, TX

The information and links are very good. They, along with other information I have gathered and read for myself really are a HELP!!...I have kept everything in a folder so I can access it again. It really has been an intelligent form of information and help for me...Yes, I would [recommend this information]. I told my daughter-in-law about it. I know from our brief experience with a loved one that has bi-polar that correct information is vital. People need to educate themselves about this illness, so they can help their loved ones.

You are a strong man, David for having lived with your mom all these years. Thank you for your hard work and desire that people don't suffer the way your family did!

-Orit, FL

Dave Your material by far is the most helpful information I have found thru all of my research on this disease. [to others:] If there is any information available on bi-polar disorder, well this is the source for the "meat and potatoes" answers to all the unanswered questions!!

-Eugene, PA

Please keep sending me your information on Bipolar! My husband was recently in the hospital for 10 days and it's been a life advantage to have your information...what I have read has supported my understanding of how much my husband needs me to understand since he doesn't understand or remember a lot. And he is on a lot of medication and got fired from his job. I need all the support I can get and right now you are it! I very much appreciate your information and support just knowing that you understand and are helping me in so many ways, especially emotionally. I need your e-mails of information...If I didn't receive this information I wouldn't even have support myself. It has been a tremendous help to me and also helping me to explain others in the family and friends circle of how to respond and deeply understand what exactly bipolar is Thank you sooo much!!!

-Tina, OH

The material informed me about certain irregular acts of bi-polar. It made me realize that I am not the only one in the world that feels the way I do. I really appreciate all the work that you put in to helping others. The work is a reflection of your kindness for all. Thank you.

-Timothy, LA

It made me understand what my husband is going through. It taught me how to deal with each situation and to be prepared. It helped me to be more supportive to my husband when he has an episode. Even our kids understand the situation and knows how to be prepared for dad's explosions.... I would recommend the course to anyone who has a loved one with Bipolar. It really made a huge difference in my life and the life of my loved one.

-Liz, South Africa

I am in a relationship with a lady whom I love very much. She hasn't been diagnosed by a professional as having bi-polar disorder but has the symptoms that you describe. The information that I have received from you has been very helpful in understanding some of her more troubling behavior and has helped me in understanding some of the hurdles that she has to deal with in her own life...This material is very informative and I would wholeheartedly recommend this information to anyone with this disorder and to anyone with close ties

-Barry, IL

I would inform people to google bipolar as I did and then go to the link called bipolar supporters. I would inform them that if they need information or understanding of bipolar you are definitely the person to contact.

-Steve, South Africa

Yes it has—Although there are no fixed answers I am learning each time I see your emails and very much appreciate the information. This website does help - and gives comfort in the clear and concise description of bipolar

-Sally, Australia

I have just got the basic supporters course and have found it very informative. My wife has BD and is so impressed that I bought this course!...We are ordering more copies of the info booklet—excellent for close family to understand what my wife has been through and is dealing with.

-Stewart, British Virgin Islands

Hello David.....Yes I think your info is very helpful....a friend of mine sent me the info booklet...and I read your newsletter and they are interesting...Yes, I would like to send this info to my husband's girlfriend...so she can read it and maybe it will help to have my ex-husband in treatment...

-Julie, Canada

...I can say in all honesty that all of the reading that I have absorbed via your good self has helped me come to terms with the life long problems that my wife has had to endure; Thank you for all of your interesting topics with regards to Bipolar Illnesses...I will say in all honesty that there is no other site that can match the wealth of information about bipolar illnesses that I have come across. I have been researching for the past 10 years via the internet and give a score of 10 out of 10.

-Julian, United Kingdom

I thought it was very helpful and handy to gather a well research information in the net that could help anyone in understanding people with Bipolar disorder...Yes I would recommend your information ,You have done a marvellous job and all the time you have put into your researched ,it is well presented and covers a lot of different question,so we can have a better understanding with people or love ones that is suffering. Good l ck, and continue with your work.

-Juanita, Australia

It is nice to know there is someone out there who has been through what others are oing through and able to shed some light on the subject. I have been helped in knowing that I have someone to turn to. I am dating someone who says they are not bipolar and I have my doubts as to whether he is or not sometimes. Knowing the signs and symptoms helps me to decide. thank you for all the material you have sent me. I have been researching this disease since receiving emails...I find the information very helpful.

-Dee, Canada

It has helped me, because my Fiancee recently went through a 3 month Manic Episode, and I never saw it coming. Your information will help me to see the signs, and get him the help he needs, before its too late. Thank You!! ...It helps to know that someone understands what him, and myself are going through. I feel that it helps having someone else who is familiar with the situation, and the toll it can take on our lives.

-Lisa, Canada

my daughter has bipolar disorder, your information has helped me undersatnd where she is at, she has a partner , 2 children , it makes it better to know what she thinks. thank you. i also have a partner with it. we are shortly to move in together. i know now to be very patient and understand his moods . with out your help it would have been very difficult...i have recommended it to others and they say it is good

-Susan, Great Britain

It has helped me by directing me to form a plan. Twenty years without one nearly brought us to divorce (one day away)...You help us to not repeat common mistakes...My husband has been given hope by your course. It has shown him that others have been successful in coping with the disease.

If you really want to help someone who has bipolar, the information is here. There will be a lot of stuff that you know but need reinforcement for. There will also be a lot to direct you. If you don't cover ALL the bases, the disease will score a home run and you and your loved one will lose enormously. Believe me when I say that your loved one wants the help whether they say so or not.

-Beverly, TN

...the info you have sent me has been full of helpful information. I am a supporter of several family and friend whom suffer from bi-polar. Your info has given me a different look on bi-polar. I feel you have made me understand what bi-polar is and good ideas to help others...I have sent your site to many others. Some to whom are bi-polar and some whom support bi-polar friends and family. They like your site and found it very helpful. So, I must say. I recommend your site and I have recommended your site.

-Peggy, CO

My fiancée' is bipolar> Every since I began your newsletter we've been communicating alot better. Alot of that has to do with me becoming a better listener thanks to your course.

-Danielle, FL

It is really helpfull for me , you have to be willing to learn things... I personally like getting the information keep it coming.

-Sincerely,

Jeffrey J Plambeck, NY

My 19-year-old daughter, who lives with us, is Bipolar and it has helped me to understand her better and how to relate to her more effectively...Just knowing there is someone out there to answer questions and that I'm not alone is very helpful. I want to have a close and good relationship with our daughter and I think some of your information is helping me a lot... Please don't stop! [to others:] Just take a look at the info, read it, find what is helpful for your situation, and then try applying that information, whether it be for yourself and your feelings or in relating to your loved one. Yes, this site has helped me more than any book I have yet to read because it is more up-to-date and day by day.

-Molly, PA

I have a neice who has not been diagnosed bipolar, but my research has lead me to believe this is her problem. You have helped me understand what she might do next, and to understand this illness is the reason she does the things she does. [to others:] If you have a loved one or friend or just know someone who is bipolar you should read the information provided. It has helped me.

–Joi, AL

I am dating a woman who has consistantly exhibited many symptoms of Bipolar Disorder during the 2 1/2 years I've known her. It was only recently that I found your website, and after subscribing to your information, I am now totally convinced of her illness...Your information, along with other research I've done, is helping me put together what I hope will be a convincing enough arguement for her to see a doctor for diagnosis, and hopefully treatment. Without your information I would have never have been able to find the resources I need to help me try to help my girlfriend. I know there is a special lady hiding in there somewhere, and I thank you for helping me in my quest to help her. [to others:] Until I read Dave's material, I was totally baffled by my girlfriend's dramatic, and often abrupt mood swings and other what I'll call "unacceptable" behaviour. I was about ready to give up on her when I found a link to David's material. His emails have both enlightened and encouraged me in my quest to help my girlfriend regain control of her life.

Thank you so much, David. Please don't stop doing your invaluable service to so many of us who are struggling with trying to love someone afflicted with this terrible Disorder.

–Rick Young

My family and I now know what to expect when my niece has her out-bursts and temper-tantrum's due to her bi-polar disease. Before I found the bi-polar articles, we did not know why she was behaving like she did. Now we can help her also because of the material in the articles and material. I have NOT found any other articles on bi-polar in teens. David is a life-savior!!!! [to others:] I would recommend ALL of David's articles because his are the ONLY articles on bi-polar in teens. David's unique insight and experiences have given my family the mechanisms to deal with teen(s) who have bi-polar. We now have a semi-quarterly meeting to discuss how we are going to use the different treatments that we know are out there. My family are so very grateful hat the articles are there to inform us what to expect, what treatments are out there, and how to recognize an episode, AND what can trigger an episode.

–Kathy Harrison, WA

You have given me an important understanding of the need to detach from my daughter who has bi-polar disorder...You have helped me to detach and take care of myself first.

–Rave, MA

THE MATERIAL HAS HELPED ME WITH UNDERSTANDING BIPOLAR PEOPLE. MY HUSBAND HAS BEEN DIAGNOSED AS BIPOLAR AND READING THE INFORMATION YOU SEND ME HELPS ME TO UNDERSTAND THE REASON AND WHY HE GETS THE WAY HE DOES SOMETIMES. IT ALSO HELPS ME TO NOT DEAL BUT WORK WITH HIM TO KEEP HIM HAPPY AND NOT HAVE EPISODES. [to others:] I WOULD RECOMMEND IT TO OTHERS BECAUSE BEFORE THIS WEBSITE AND NEWSLETTERS I WAS LOST AND DID NOT KNOW WHAT TO DO OR WHERE TO TURN FOR ASSISTANCE IN HELPING MYSELF AND MY HUSBAND LIVE WITH THE DISORDER.

-JESSY, FL

It helped me understand and have knowledge of an illness I had no idea of and also to focus on the kind of psychological disorder that a member of my family is going through. I appreciate very much what you are doing, Dave, DO NOT GIVE UP!! Having the opportunity of learning of this distressing illness, I shared the information you provided to me with other members of my family who are dealing with conflictive teenagers at home, just to assume or discard Bipolar disease. Thank you for your cooperation, Dave!

-Maria, Canada

This was a informative sessions you sent me in regards to my son and his medical situation. Yes ,I would let people know what is on. I would give out your website for people to see and use.In fact I am taking you info you gave me to help in a court case to retrieve my grandson out of a situation.For this I thank you.

-Cindy, WA

I have only had a little bit of time to read the free mini course that is sent to me. It has given me a little bit more information than I already knew...I think it is a good thing you are doing...I would most likly would [recommend this information]. I am actually keeping what I get from you to put in a folder to help me in my career. I am and early childhood/ special education major. I have one year left and then I will most likly be working with those who could really use this.

-Christie, ID

It has helped me with all of the journals and information that I get through my email. Plus joining Bipolar Inner Circle helped a lot too!! Great program, full of lots of useful and helpful information!

-Andrea, CO

Dear David,

I think your info is an eye opener and helps me keep in tact with my friend..I also feel your info could be usde and I know from what little research Ive done you have put countless hours into the information.

-Debra, WV

I had recently sent you an e-mail telling you how grateful i was for all the information on bi-polar disorder, especially the one telling about the natural bio-feedback. The man i might be marrying one day is bi-polar and all the info i can recieve is helpful in knowing how to understand this mental illness. I have come to know quite a few people with the disorder and it is helpful to me in trying to explain to others who might not understand the behavior patterns.

-Claudia, PA

i think the work u or anyone does to help people and their families learn to live with or even to try to understand bipolar is fantastic without ur advice my family would still be telling my partner to get up and shake himself!!! i think people should take advice from anyone they can about bipolar as i think u will always learn something new! i appreciate people taking their time to try and help!

-kelly, hants

I have only just received your material in the mail as I am BiPolar. so far I really like the part about acceptance of the disease. The email's help me and I forward any that apply to my husband as he is my supporting loved one. We will be moving in Aug to Idaho so I am looking forward to learning how to find a Dr. & a therapist that you have written up in your material. My current therapist looked at the material said it looks really helpful...I really enjoyed the live podcasts as I waited for my material to arrive in the mail...What I also like is that it is written for the consumer by a consumer's son. Not written by a Doctor or Therapist in medical-eze. My sister has been Bi-Polar longer than I have and I am recommending it to her, my Mom and my brother, and any one else I meet.

-Diana, Great Britain

I just wanted to tell you that all the information I have received from you has been sooooo enlighting to me...your infomation that I have received has opened my eyes to understand what bipolar is all about..I have already recommended your website to my son...and will continue to recommend your website to others

-JoAnn Funk, CA

Dave offers Wisdom in a gentle, experience-based way that helps even stubborn folks like me to make our time and relationships more functional and satisfying. Give yourself the gift of "words from a guy who's been there", and has learned to cope with it with skill.

-Marty, TX

Your information has been my sole educational source...

-Brenda, TX

As a matter of fact, my brother is bipolar and he had a bad episode this weekend. It helped me alot to make the right decision and get him to a hospital...I use your advice daily. Thank you for caring and sharing advice....It helped some people in my family. It may not be medical advice but it is good advice.

-Kristi, TN

Dear Dave, first of all i would like to thank you for all the helpfull information you have send , its has really helped me a great deal , i have bipolar and i have had it for a long time but only found out what i had last June , so reading your information really helps me get throught the day. i would recommend your information to others because i found it very good topices that you talk about, its almost like talking to you in person. and i check everyday to see if you have sent me an email.

-Arlene, CA

It has helped me to realize my Mum may have bipolar disorder and not just paranoid scitzophrenia...if anyone told me they were dealing with a troubled person in their life I would certainly direct them to you to see if it fit their person

-Dianne, United Kingdom

Dave, Everyday I look forward in receiving your mail. Your material had helped me a lot. With your help and the help of my psychiatrist I am coping with the situation the best I can. I live in Aruba a small island in the Caribbean and the Bi polar illness is not very known. But still with the help of your material people will become familiar with the illness.

Of course [I recommend it]. And I did recommend it already. My best friends cousin had the sympton and I already send some of your material for her to pass it over and I will keep on doing it . It is like giving something in return for all I receive from God through you Dave.

-Flemming, Aruba

It's helped me learn a few things that I hadn't previously known, and confirmed a few things that I had already suspected were part of the disorder. [I recommend] Check out the newsletter, for you will have access to links that will lead you to even more answers, and maybe a few solutions to many of the problems brought on by your loved one's behavior (such as monetary and insurance issues).

-Dennis, PA

Your material on BiPolar Disorder has helped me understand more about the diagnosis and the many things that these people have to deal with every day...With the information that I have received from you I know a little more now and I am sure that I will learn more everyday...I have recommended the information to my two friends that have the disorder so that they can understand what they are going through better.

-Heidi, NC

Yes, it has helped. I realize that much of the behavior from my husband that I thought was abusive is tied to his bi-polar disorder. I am learning new ways to cope and still trying to decide if I can manage this for the rest of my life. Your course is helping me in making an important decision in my life. Thanks.

-Mary, CA

I find your information very interesting. My grandson was just diagnosed with bipolar disease and we have much to learn. Just yesterday at church I met a lady who also has bipolar grandsons. I will tell her about these messages I get from you. Maybe they will help her also.

-Gloria, AZ

It has helped me in quite a few ways...first of all it's flexible I can read the information when I have time instead of having to be at a specific place and specific time. Secondly it made me realize what is right in front of my nose sometimes it is difficult to see what is going on when you have internalized so much this helped me to step outside and reflect upon the situation. Third but not final specific examples are very helpful in clarifying situations. I would recommend this because I feel most people have no clue and specific examples help for one to see the situation more clearly

-Filiz, OH

Dear David...By sharing your experiences on how you dealt with your mother's bipolar disorder, I can now look at my own situation and learn how to deal with the problems that arise. Thank you for sharing your personal life with me. I appreciate the fact that you are very honest and state that you are not a doctor and that your advice is strictly just your opinion. Therefore, you are not a scam artist. I also like that you describe real life situations that have happened to you such as going into debt, being screamed at, lied about, and frustrated from time to time which shows how human you really are. These things are very informative on what I can possibly expect from my friend with bipolar and I can help him steer clear of those bad situations when they arise. I would recommend you to friends and family because you make it easy for them to understand that bipolar is not a crippling mental illness and does not need to be such a burden on not only the person with bipolar, but for their caretakers as well.

-Daysha, CT

I have enjoyed reading your materials and have saved some of the articles that I thought were of particular interest. These I plan to give to a friend who is dealing with a wife who has the condition. I am a Registered Nurse who has recently celebrated 60 years of marriage to a man who has bipolar disease.

-Hazel, MO

it has helped me to understand bipolar and know what to do in different situations. my daughter in law as bipolar and now i know what i have been doing wrong. all your material has been very helpful and I have learnt a lot thankyou. i have recommended your information to various members of my family

-Donna, South Australia

Dear Dave,

I have been wondering where to write to to just THANK you so much for sharing your stories and successes and failures...but we had to learn how to do some of the things you said the hard way and they worked...we tried everything else and it seemed to backfire...so once again please keep sending me your emails.

-Nancy

I am very thankful I found your site and info. Thank you!!

-Kristi, MN

If one person is helped with the information you send, it is well worth your time. I am not Bipolar but my sister is and reading information helps you understand how a Bipolar person feels and acts. I cannot walk a mile in her shoes but suffering from depression, information relating to any mental disorder I find useful. Thank you!

-Rita Payne, CA

My partner has Bipolar Disorder and your articles have helped me see the way he thinks and how my reactions have in the past aggravated the situation. i have passed your info onto 2 friends one whos girlfriend has the symptoms of bipolar and one who i feel also has it.

-Cat, Scotland

Dear Dave...it helps me to understand [my son], any help is appreciated. I would recommend your information on Bipolar to anyone that has the condition or has a close friend or relative, that is Bipolar. The information is so important, because of the "ups and downs".

-Nancy, VA

it has been an amazing eye opener to receive and learn through your course ...not everyone gets your course, but as per me you are brilliant!!!...Brilliant, informative, real life experiences.

-nutan bajaj, India

...I have appreciated each and every email you have sent out... Not long ago, out of desperation, I did a search on yahoo on mental disorders (trying to diagnose myself) and stumbled onto your little group. You have helped me to realize what I was doing wrong...your emails have given me hope. Your question is if your material has helped me? I would have to give a HUGE resounding YES!!!!!!!!!!!!!! I absolutely would [recommend it]! Your information is direct, honest, upfront, and experienced!

-DellaRae, AZ

I joined this because my brother is bi-polar. The info you have sent me has really helped me to understand so much of what he has put me through over the years” I have recommended this to some others...

-Connie, FL

my mom has bipolar. Your tips and techniques have helped me to try to understand what she is going through and how to deal with her in various situations...I e-mail your link to my sister...and my sister even agrees that it has given herinsite on this very horrible disorder.

-karen, NY

In helping others with this frustrating illness, your course has made me feel like I'm not alone. Also, I really like the importance you place on teamwork with the medical community. Teamwork is so important and absolutely imperative to successful treatment! I also like the personal perspective you offer and your first hand accounts of what you go through on a daily basis helping your mother with her illness. You've been there, you know what it's like, you have the experience and empathy to share with others.

Of course I would recommend your information on Bipolar to others! Again it goes back to your first hand experience with this disease. We can trust your information since you have a loved one with the disease. When you say you understand what it's like to deal with bipolar, I know those aren't empty words. You REALLY DO KNOW WHAT IT'S LIKE! You know the frustration and the heartache, the hope and the sadness that comes with bipolar. It's a scary disease to navigate alone—and because of your course, I don't have to feel alone anymore. And, nobody else has to ever again, either.

-Christy, OK

I think your doing a great job at this...My wife has a friend at work that someone with bipolar andi am send some of your stuff toher.

-Gerard, IL

I like to read your different articles on bipolar disorder, because I know it is coming from someone who is dealing with it first hand. It is easy for a pshychiatrist or a family member to just write you off as having a mental disorder, but I like the way you break things down in easy to understand language.

-Suellen, OH

I find your information very helpful...It is reading your material that confirms again, I did everything I could and needed to get through this disorder and know so much more should I have to deal w/ it again w/ a loved one...Everything expressed in the materials offered are truly helpful if you've never gone to therapy or gotten medical attention for this life changing disorder. If you have, you gain so much strength and comfort from David and what his mother have done and gone through to control bipolar disorder. You amaze me, David.

-Joanne, TX

David, Your free newsletter has helped me tremendously. I have two siblings, an aunt, and a mother-in-law all with bipolar disorder and I really don't know what I would do without your letters...your newsletter has helped me to better understand this disorder and to be a better support person. Thank you for all of your hard work. It si very much appreciated.

-Leslie, OK

I have a husband with Bipolar...Your advice has helped greatly and I appreciate so much all that you are doing. [recommendation] I believe that David can help patients who have Bipolar and familes, as he has been there with a parent and knows first hand. He is very compassionate and has his heart in this and spends so much time in research, etc. I believe that he has most of the answers that you would need.

-Eloise, SC

Dear David, I know how you feel you see i really feel that you and our group is where I can connect and be understood, So I hane forwarded your emails to family and friends that i know that live with someone or have family member that is Bipolar...Dave every day when I gom into my inbox and O see something from you I feel as though I'm getting a note from a close friend..

-Ruby, CO

Yes, I enjoyed reading the up and downs of caring for your mother. I realize dealing with a person with bipolar is stressful...read the Bipolar newsletter its so informative.

-Pamela, TX

David, Your material has been a tremendous help for me as my wife is not only bipolar but drinks a lot as well. Your material has shown me there is a better way than just yelling and accusing. She is now seeing a therapist and has shown signs of improvement. [to others:] David's course along with his personal attention and dedication to his clients and everyone in need is very amazing and unusual in this modern age where most people only think of themselves. David is always thinking of others and has dedicated his life to helping others. I highly recommend his courses. Sincerely, Cal

-Cal G., KS

YES!! I have a much better understanding of my bi-polar daughter and how to deal with her , or not deal with her / be "pulled in" to her episodes.I only wish I had this kind of information when she was a teenager!...Your information is priceless, God bless you for all you do! I would recommend this information to anyone bi-polar or dealing with someone bi-polar to help them understand and not "lose it" themselves!

-Debra, AZ

The Emails have helped me continue to be aware I need to deal with the issue daily if I am to be successful helping a loved one.

-Bill M., AZ

After reading your style of writing, I think you understand where I am coming from...

-Kathy Bengel, WI

it has opened my eyes as i have a niece who has Bipolar disorder, these e-mails help me a lot to understand what she is going through...Yes, I would [recommend it], people need to read about how other people deal with their love ones who has Bipolar disorder, keep sending the e-mails.

-Linda

Your material and insights have shown me that there is a lot that I can do to help my son, even though I am depressed myself. I have taken some of the messages (for him) and applied them to myself – like acting as my own trusted advisor, and although we never really take our own advice, if you consider that this advice is coming from another 'remote observer' you, then it seems to hit the button...It can't possibly hurt to look, and to do a bit of concentrated research, which your site facilitates. It's also important to know that the advice and insights come from someone who has been through/is still going through this all too common situation, rather than a theorist.

-Geoff, United Kingdom

I love it! I print off everyone you send me you are simply the BEST! Keep up the good work! [recommendation:] Yes I would! I have bipolar I was just diagnosed last month and I have passed the information on to my whole family for them to read it has helped them learn to deal with me and me to learn to deal with myself.

-Michelle, NC

Reading your emails helps me so much and is hoping to take your help on how to deal with the arguments...I would absolutely recommend your emails to a person or a friend who i know is suffering from this disease or need help in dealing with someone who has thios disease

-Patricia, Canada

I have been sending your information to my parents. I think it has helped them understand that the things I have done when I am having an episode are not the problem. They have thought that I am irresponsible, an alcoholic and many other unfortunate things that weren't at all helpful in helping me get better in a way that really matters. I am hopefull that the more information they have, even a little is more than they had before, will help them understand that it is the bi-polar disorder and the PTSD that are at the root of the other outward signs of trouble. I think it is helping. A little at a time is good for them. That way they can follow up on their own and get more information on things they need to know more about...I have already [recommended your information]. I have forwarded your e-mails to people who are helping me regain my sanity at this point. What they do with the info is up to them. I hope they follow through in their own individual ways.

-Renee, CA

It has made me understand a little better why I do some of the things that I do, and feel the way I do sometimes...I have [recommended it].

-Jade Fuzi, IN

it has helped me understand my disorder, and learn new ways to cope. THANK YOU...It is a great program, others who understand you & help you understand bi polar...

-Barbara Gates, CA

The work your doing is great.I think what your doing is informative information that is needed useful it is helpful to me and want to thank you for your help.Keep doing the wonderful work please don't stop...Yes i would [recommend this information] and have told my friends and family how helpful your emails are for me.

-Rebecca, TX

it has helped me to understand what exactly is bipolar disorder.

-Dolly, South Africa

Yes David. Your information on bi-polar has helped me to understand the actions of my family member and given me some very valuable strategies to help her. She was told she had bi-polar after the death of her child.... The commitment that you took to help your mother through her journey amazes me David. You are truly a wonderful person...Yes, I would recommend the information and found it valuable.

-Shelley, Canada

Your newsletters/ study information has kept me from being completely depressed because I know I'm not alone...I would definitely recommend your information and website to others. I have forwarded some of your info to my children . I'm sure you are aware that mental health issues are also genetic a lot of the time and you can pass them to your children , so I also pass the info I come across to my children.

-Linda, OK

nice to feel myself & others out there are being supported with info but i'm british & it's all very American...then i find some very interesting stuff like 'disclosure at work' & i'm glad i subscribed again...I would prob. forward realivent stuff to the right people.

-Dawn, Great Britain

I have been reading your information so I can learn more about Bipolar Disorder. My mother has been bipolar all my life, so I thought I knew all I needed to know. Then my husband began having severe mood swings. I had suspicion that he was bipolar but I wasn't sure because he had alot of different symptoms than my mother. After reading your information I realized that he is Bipolar...There is so much to learn about this disorder. You can never get enough information.

-Judy, NC

I've really appreciated all your information ... helps to feel connected to a community of people all starving for information to use that will help us cope, and give us hope...honestly tho, I look forward to your information and all the newsletters ...you're doing a wonderful service for people...

-Sharie, TN

I just started using your website...I was diagnosed with bipolar II & it has helped me tremendously. Always great articles. When someone cares enough to share information with me, I appreciate it. We're starved for information after a new diagnosis like this.

-Linda, CO

It is informative and its nice to know that people are out there to help like you...yes [I would recommend this information] if someone needed some more info

-Dee, FL

David,

I think you help people, you have given my mother and I a place to start and some information... You were an answer to our prayers and you have helped us...I have recommended this to a few of my friends. Bipolar is very difficult to have in your family and it almost tore our family apart. Still so much left to do.

-Tina, TX

The information you have provided has helped in my recovery and in educating me in the field of BiPolar. [to others:] If you are interested in helping yourself to hear other stories and receive updated information on BiPolar disorder please check out this site.

-Jackie, PA

yes my husband has bipolar and i read everey e mail you send me and ive realy learend a lot from it thank you...yes i would recomend bipolar information to others it truly helps you to understand it and it helps you on it

-Margaret, IL

Have informed me and my siblings in how to better deal with my moms disease and go on enjoying our own lives. [to others:] Bipolar disease is real and affect people that have it and those close to them in a big way. The information on the short study course will inform you and help you cope with the situation.

-Ione, South Africa

Your information has been very helpful in understanding bipolar disorder. Keep up the good work...My family and I are fairly new to bipolar disorder, and were not sure where to go for information, so your emails have been very understanding. As yet the family member that we suspect may have aspects of bipolar disorder in unaware of the reasons for his highs and lows. You have helped us to understand the reason for changes in behaviour. Thank you.

-June, Australia

IVE GOT A FRIEND WITH BIPOLAR DISORDER. I GET EMAILS AND IT REALLY HELPED ME ALONG THE WAY. I KNOW WHAT TO DO TO HELP HIM!!THANK YOU DAVID!! [to others:] IT HELP!! SUBSCRIBE AND GET THE RIGHT INFORMATION!!! ITS REALLY GOOD!!

-Mary, South Africa

Dave has personal experiences as for others may have studied and not have personal contact with this.

-Rob, TX

It has enabled me to communicate with my youngest's father. You have begun to help me understand what bipolar means & how to effectively deal with those who have it. I truly appreciate your newsletter! [to others:] For those of you who are dealing with someone who is bipolar, this newsletter has helped me to overcome that difficult task. It can definitely be an energy drainer & I've found this newsletter to help me maintain my energy levels.

-Kimberly, CO

Information is a powerful thing and you never can have too much. If you truly care that is. It is also one of the ways people can be informed...thanks...yes I believe you do have some good information and it does need to be recommended..

-Delores Mosher, NY

I find your information informative I have lived for the last 26 years not knowing what was wrong with my mom and now I understand a lot better....I think you are doing a great job. I have learnt a hell of a lot from your website...yes I would [recommend this information] for someone who is not so sure of what is going on and for those who have experienced these episodes and need to handle the person so I would recommend it to others

-Melody, South Africa

I think there is some very useful info and links in here. I'm waiting to find out whether my daughter really is bipolar or not at this point before I try and purchase the complete plan

-Denise, KY

I have just recently been diagnosed with Bipolar disorder and you have been extremely helpful in showing me what to look for as I go from one extreme to another. It makes me wonder why no one caught it sooner...I would definitely recommend your course to everyone affected by Bipolar.

-Candace, MO

Dave, I do read all your emails. I find some more helpful than others, but that's to be expected. I did a lot of research on bipolar by the time I found your site. But I am new to this diagnosis. So I read everything you send me to absorb as much information as possible...Yes I would recommend this information to others. I have in fact shown this information to my friend who's been diagnosed with bipolar for probably a decade and she found it very informative.

-Merrienne, TN

I am new to discovering information about this disorder. I was searching to identify if this might be the disorder to describe some of my spouse's behavior. Much of the information has been helpful...I have read over most of what you send...It is helpful to many. Thanks.

-Cheryl, GA

I like you typed bipolar in the search and that is how I found your site, and looked no more, your story was much appreciated and the information you send is very informative, I know a lot more about bipolar than I did and have a better understanding on what my son is going through and how I can help him and myself, your emails are the first ones I read, thank you for all you do...If I knew someone who was looking for information on bipolar I would recommend them to your site as you don't miss a beat when it comes to truly helpful information.

-Jenny, WA

Personally, your e-mail has been a tremendous encouragement to me. I have learned so much that I never knew before as I was recently diagnosed. (And just so you know), I have saved every single piece of mail into its own folder for reading later.....So, keep up the great, helpful work! [to others:] Informative (first hand) information on helping yourself or someone you know w/ bi-polar disorder.

-Sandra, OH

David, the majority of your information on Bipolar Disorder is very applicable to our family's situation. Our son is successfully employed so the disability insurance does not apply to him. Although he is on medication, he still has his ups and downs which spill over to mine and my husband's lives. Our son is a young adult and has never married, so he has a lot of emotions going on concerning his future. Even though he is a young adult, he is always in our conscious and subconscious thoughts. I am a relatively new subscriber, and I am so relieved to know that there is someone who understands our feelings and fears about this cruel disease. I look forward everyday to receiving your e-newsletter because I can usually glean some very helpful information from your words. Half the success of dealing with the unpredictability of the bi-polar behavior is education and knowledge, and through your time and efforts, you have certainly helped our family. My husband and I thank you so much. [to others:] If you have a family member or a friend with Bi-Polar Disorder or if you teach or work with students or patients in the medical field, I highly recommend subscribing to David Oliver's E-Newsletter. His valuable information is delivered in a practical, easy-to-read-and-understand manner.

-Diane, TX

I am a board certified psychotherapist/ hypnotherapist and would like for you to know that your newsletter is very useful information and that you should disregard comments from anyone who is in denial or may not be able to utilize/ quantify/ apply your newsletter information in real time. I am an expert on emotional dysfunction and find your observations in line with mine. Thanks again for your newsletter. You are doing a fine job.

-R. Andrew Dozier, D.D., CO

just knowing someone is there helps me, i feel like I have a freind and i have never even met you. since i am a reader some things i already knew but i reread it again and know others are reading it to. I guess it helps to feel not alone with my situation. [to others:] YOU ARE NOT ALONE IN DEALING WITH THE ONES YOU LOVE

-M.A., OH

some of the info we have gotten we already had but then there was quit a bit that was new and to us is very important.our son is bypolar and for many years I thought it was my fault and mybe there was something we could have done to stop this but over time we have learned that there was nothing we did wrong nothing we could have done different.I don't have the money to by your whole info but what your sending is of help to educate us .thanks...I have givin the info to my new daughter in law she knew my son was bipolar but like us needed more info thank again

-Eveline, TX

...I've delt with Bipolar Disorders in controlled clinical settings from a state institution, a private institution, crisis intervention services, dual diagnosis, drug & alcohol, rehabilitation, a residential treatment program for the mentally ill and dealing with all walks of like as a mental health technician, a counselor and a case manager. You are overly certified in my book. I just so happen to have a close friend who has bipolar disorder and I need up dated information and stay up dated. This is very important to me...I am a professional- founder, president and chief executive officer of a 501 (C)(3)non-profit charity organization, servicing children and youth in the performing arts in my community and I'm ordering you to continue what your doing for the sake of our love ones and their precious lives. I will recommend any professoinal to your information on Bipolar. Keep up the good work David.

-Bonnie, PA

It has helped us realize that there is hope for our daughter. What we haven't discovered is how to help her realize that she needs help. We are having a hard time finding support groups here in Alaska...I would recommend you to anyone suffering from Bipolar or having loved ones with the challenges of bipolar as we need to support each other.

-Jim, Alaska

It has helped me tremendously. I did not order the book itself but just the e-mails and reports helped me a lot to understand my husband and his bipolar depression. [to others:] I would definitely recommend it because it opens up the world of the bipolar person for you and you understand so much more why they are doing things and can deal with episodes more efficiently.

-Estia, South Africa

My 45y/o brother was admitted to the hospital for slashing his wrists in July of this year and was diagnosed as BiPolar with Schizophrenia, after 5 weeks in the hospital, he came to stay with myself and my husband. Noone in the family wanted to deal with him plus the fact his wife had issued a restraining order on him while he was hospitalized. I did not know much about BiPolar but it sure explained why he had been an alcoholic for decades, had a temper that would turn violent and would disappear for long periods of time. Anyway, the therapist had recommended your site and when I went to it, its as if a light bulb went off!!! Your site is sooo very helpful and I AM GLAD YOU have this site. It is helpful to me in dealing with being the care taker and it also helps my brother when he has questions that he does not fell his therapist answers. KEEP UP THE GOOD WORK, it is sooo very helpful [to others:] Anyone who is dealing with a loved one who has BiPolar and really wants to know more about what it is, how to deal with it, new medicines that may help or just a place to get help, This is the place to go!!!!

-Tamara, OK

Dave, you have helped me to understand my situation so much better..you give me the tools to go ahead and look at everything in a positive way. Please do not stop...Your information is so valuable.not only to me but i am sure to others.

-Irma, CA

your site has helped me with helping me to understand what it is my mom is going thru but if she doesnt want to be helped i cant help her right now and niether can your site...your site is very informative for people who have no idea what is going on with someone with the symptoms.

-Tiffany, OH

Dave...I subscribed to your service because we have two family members who might be bipolar. One currently is diagnosed as nonbipolar and the second one is apparently a confirmed one. The difficulty lies in that both relatives live in countries different from ours (Venezuela) and there is not much I can do for these persons, although I believe your system and assistance to be valuable; knowledge is power and simply have to say that your effort throws light on our profound ignorance on the subject. Keep up the good work.

-Andres, FL

besides your clinical advice and info, just the encouragement of knowing i'm not the only one supporting a bi-polar person is tremendous. your minicourse is really cool and i'm only on number 6 of 15. plus through the links on your sight i found out that my wifes medicine got an award from a disabled persons org. (seroquel) that was encouraging and cool. we new it was good...by our testimonies we are overcomers and just knowing there are others overcoming the same thing is a comfort and a help. keep up HIS work

-Thomas Devine, UT

...I have learned some new things about bp ... I dont' have anything specific as I am still learning this whole bp thing is new to me and trying to get as much information as I possibly can [to others:] I think it is a good course. although I can't afford davids whole course and can only get the mini course I have enjoyed reading everything he sends. Some things may not pertain to your situation but doesn't mean everything he sends won't.

-Kendra, KY

I now have a better understanding about what is really going on with my grandmother. I never knew and neither did anyone in my family know that grandma has severe bipolar and she goes from high to low within a matter of minutes. None of us knew that this was the way her bipolar was, we always thought maybe she had other illnesses. I am now understanding the way she is and because of it I am able to have a relationship with her without always trying to diagnose or cure every single tear, bout of anger, shouting match, etc. Thank you for the information you provide. Even if you send something I already know about it still helps me to know that what I might be thinking is right...I always save and print each one you send. People are amazed sometimes about the way you easily get to the point about underlining problems.

-Melissa, TX

My fiance is bipolar. What makes things worse is that we live 1500 miles apart. Your website has helped ME tremendously in simply understanding what bipolar is. I ordered your report for people who are considering marrying someone who is biploar. My resolve has never been stronger that this woman is the woman I want to spend my life with. If not for the information I've learned from your website I'm not sure I would have the resolve that I do. PLEASE DO NOT STOP!!! [to others:] David Oliver's website on bipolar is a MUST if you love someone who is bipolar and want to know how or where to go for help and information.

-Tom, WI

It's helped ME because you e-mail thought provoking mail. You send avenues for help, for BiPolar sufferers who may feel there are no resources available. You are compassionate, caring, and understanding of the BiPolar syndrome and it helps me because my girlfriend is BiPolar and you give ME a chance to help her (if she listens) with what you send. I think you are doing a very wonderful thing here, so keep it up...I learn too from all of this and it helps me understand what I face by being her support.

-Jay, MT

David, I am supporting a husband and child with bipolar...I enjoy getting the free newsletter. Much of it I already know because I try to keep up with what is happening out there but you can never have too much help when it comes to this disease. You might find something out before I do since this is now your life's work. You are doing a good job...There is a lot of information and misinformation out there- your site is up-to-date and a very good source.

-G.A., VA

I am still trying to determine if my son has bipolar. Your articles are very informative. DON'T STOP! ...I don't have the time to do the research you do...Yes I would [recommend this information].

-Patricia, GA

For the most part, I think your material has helped me look at certain situations and ask myself what I could have done differently to make that situation more successful. Sometimes, I can relate to the material that you send me and it validates what I may be feeling. [to others:] Even if you or your loved one is pretty stable at this time, I think it's helpful to read the material and "save it for a rainy day". Even if it doesn't apply to you right now, it may at some point in the future.

-Valarie, NY

Hi Dave,

I can't thank you enough for all the info you send, it's helped me so much in dealing with my 24 year old son who has bi-polar and helped me read moods and know when not to say anything and when to leave him alone. (that has helped both of us.!) Now I am printing off info for a friend on the "children with bi-polar" which she has found invaluable. All the links are very interesting and contain such a variety of subjects relating to the disorder. Quite a few times something has arrived that has been exactly what I needed. Thank you so much for all the hard and work intensive time you put into this. [to others:] I have done so [recommended this information], forwarding some e-mails to a cousin in England whose wife has bi-polar, also I have printed some articles off for friends who have other family members with the disorder and they too have found it very helpful. (They don't have a computer so can't subscribe)

-Wendy, Australia

I HAVE LEARNED ALOT ABOUT MY DISEASE FROM YOU! I JUST WISH MY FAMILY COULD UNDERSTAND. I THINK THEY TRY, BUT IT IS VERY HARD. I HAVE REALLY HURT MY FAMILY ALOT...., BUT WITHOUT THE INFORMATION I GET TO READ FROM YOU I WOULDN'T UNDERSTAND IT AS WELL AS I DO...YES I DEFINATELY WOULD [recommend the information]!

-Amy, MO

I am quite new to this website as I have only been getting your newsletters and course information for amonth or two. I have been helped immensely already by the information I have received from you. When my 16 year old daughter was diagnosed with bipolar I thought my world was coming to an end. I was searching for answers and have had to find new way of dealing with her. Your website has been ver helpful in helping me to know what to do and not do,say and not say. With your help my relationship with my daughter has been improved and I don't feel soo much like la am losing my mind. Your course is taught in a way that the average person can understand it and you don't have to be a scholar to know what is being said. I thank God for you and yor website don't gibe up...My daughter was diagnosed two months ago and I thought i was going to lose my mind. We were fighting constantly I was totally lost. I went online to try and find information to help the family of people with bipolar to understand and deal with this illness. I was so relieved to find your site and look forward to your newsletters and emails. They have helped me to understand my daughter better and while not all the info I have received has been applicable to my daughter at present it has given me food for thought. THE thing I like the best about this site is that the info we receive is in plain english you don't have to be a rocket scientist to understnad it it is written for the families and supporters.

-Shelly, Canada

...you are helping alot of people. I am one of them! My husband, daughter, son and ex-husband have all be diagnosed as Bi-polar, and when I feel hopeless at times, your information keeps me going. [to others:] If you need help and dont have the money, this free information at times can be a life saver!

-Kay, AR

David my son is Bipolar and the information that you have sent has been very helpful he was taken out of his middle school and put at Rebound an alternative for students in need of some extra help. My Husband and I separeated last May and he still is not adjusting very well... Please keep sending me information everything I get my hands on helps in some way it seems. Thanks for everything...I would recommend your site and information to anyone who thinks they may be dealing with Bipolar or Mood Disorder.

-Danielle, SC

Within my house it is something I fall back on a lot. My Fiance is Bi-polar, as is her son. Recently it is determined that my ex-wife is bi-polar & my oldest daughter is being tested for bi-polar as well... she's 10. She is the hard on because she hears voices & is embarrassed by it; feels depression & often suicidal feelings & doesn't know why. Often I'm the only one she talks to about it until she learned of Angie (my fiance) also being bi-polar. She still won't talk to her mother & hates the oldest son here. He is hard to deal with, being 14 & going through manic phases a lot.... It also helps me to understand Angie's episodes. They throw me @ times, but I've learned to catch them quick over the last year... You have been a great help... Keep up the good work Dave. You're helping others more than you may've thought!... My fiance has read many of the emails you've sent me. She has gone through much for the last several years about her disorder & many of the things you've said have gotten her attention, though to her they were repeats in certain ways. To me they are new. I know epilepsy. This stuff is new to me, but I'm learning more all of the time. The general concepts you've expressed of the disability tend to make it as if it weren't a disability @ all, but another area of life, again like my seizures. I can make others see that they aren't down or beaten, but must approach things just in another way is all.

-Clark, NE

Your information has helped me with my 11 year old bipolar son. Information such as how to help a bipolar child, how to understand what it is, how to help a bipolar child understand what it is he has and that he is not alone. I value your input and think it is a great tool for many of us. [to others:] David Oliver has given me valuable tools to use to help in raising my 11 year old bipolar son. I recommend to anyone who has a loved one who is bipolar to read his information because it is helpful.

-Julie, CA

Your materials have helped me understand my son better. I am using some techniques in dealing with him... I told my mentor about your site & she was glad I found it. She has checked it out.

-Sandy, TX

Dave, thank you for your efforts. We appreciate them, as we have a 15 year old daughter with BP... thank you

-Michelle, South Africa

While I still do not know if my daughter is bipolar, the information you have sent has been a great help. A lot of disorders share similar components, so every little bit of information helps in one way or another... As I stated above, the information you supply on Bipolar, as well as pointers on how to handle different situations, would help many people.

-Sheila, CA

It has helped me understand my condition alot better that I'am not crazy.For years I avoided it because I have epilepsy as well and I went through hell with it.I grew up pretty fast my parents being alcoholics alot of emotional verbal and physical fighting went on in my life my mom is bipolar but wont come to terms with it...but your site lets me know that there are others out there as all the info that people with disorders should know your site is great!!!... it is great what your doing and always know this...That you are a great person trying to reach out to people and help them gain access info they need to learn on disorders,meds ,health insurance,alot to learn on chidren this would be a short part of what I would say all depending on what the person would ask as well.

-Christina, MA

I have found your material on bipolar a constant source of reinforcement. My younger son was the first to diagnosed, followed by my daughter who had been misdiagnosed with severe chronic depression and inappropriately medicated. She died in November 2004 from an accidental overdose. I have since been diagnosed after many years of "therapy" and misdiagnosis. Your material has helped me ask more direct questions about the meications and treatment both my son and I receive...Please know that your efforts are greatly appreciated at least by my family...Anyone who suffers from bipolar disorder or especially anyone who knows someone who has bipolar disorder would befit from the information on your website. There is so much misinformation and so many misconceptions (including in the medical community) out there that it is a great help having a site you can refer to and depend on.

-Donna, NY

well, i like it, it is information that i already know because i read so much about bipolar, but it reminds me of how inportant it is to keep in touch with how your illness is effecting your life, i keep really close tabs so when something isn't right i know it, i have sent your miny course to my mom and it helps her realize what a serious illness I really have, even though she has read many books too, it helps to educate as much as possible and stay on the cutting edge of stuff, i really like your bipolar news, that really helps alot...well i did send your link to my mom, cause she wants to educate herself as much as possible about my illness even though i don't live with her, sometimes my hubby travels and she wants to be prepared if a emergency comes up, and also my 5 yr old son have bp too and if he is staying at her house she needs to be prepared if he has a emergency as well, if my hubby and i can't be contacted, lets say we may be on vacation or something.

-Nancy, MO

it's helped me understand what bipolar is and the signs of it and what to do to get help for my family. thanks

-Geannie, AR

I knew growing up there was something not quite right with me. After reading your newsletters, i said wow! that is me. I now take medicine and go to therepy for my Bi Polar. Your emails have opened my eyes and therefore, my life has been improved. [to others:] There is a newsletter out there all about Bi Polar and EVERYTHING you need to know about it. David Oliver has generously made informing people about this very servious disease his life's mission..so give it a try!

-Jamie, PA

Your information has helped me to understand the disorder more even from living it. Thank you so much...Yes I would recommend it to others because it never hurts to know as much as you can.

-Tammy, TX

Ireally apprecite all the things that you have sent to me .I have learned so much about Bipolar Disorder it has been a big help to trying to deal with my son. Please keep up the good work...Yes I would recommend all of your information on Bipolar

-Melba, TX

I'll tell you this Dave, I'm a 16yr old boy lost in my own reality no doctor or anyone in the Psycho Feild has helped me just put me on medication and put needles in me and forced me into the hospital and all this other stupid [stuff] but you by god you gave me answer and basically explained what a manic espisode was so that I and my family could maybe realize what to do and when it was happening...Yeah I would [recommend this information], it gives good information that doctors dont give

-Jarred, OH

I have a sister with bipolar and honestly things have been super hectic around here for the past 2 months and I do say I don't get time to read all your emails but I have been encouraged and helped by your information...Yes I definetly would [recommend this information] to anyone that want to know more about Bipolar and not feel so alone in facing it theirselves.

-Shannon, Canada

Your information has helped me if by no other way than by letting me know that I am not alone. I have read the articles and some of them directly affect me in a positive way, some have nothing at all to do with my situation. I take what I need and leave the rest. I appreciate all that you have done and continue to do. Thank you! [to others:] I would recommend that someone needing info about bipolar at least have a look at the info provided by David. It can't hurt, and it just may help.

-Jennifer, TX

For 20 years I have had a difficult relationship with my oldest daughter. She is a very intelligent woman and nothing seemed to add up. She didn't finish school, she was into drugs and alcohol...was permiscuous at the age of 13, left home at 18 and I and her father & sister have bailed her out of so many situations...What is wrong with Stacey? has been my hewen cry for years. Her father and sister pretty much just live with being angry at her. She is not responsible, makes her own decisions and then asks us to bail her out. How have you helped?? By throwing a life ring into an ocean of heartache & concern. Stacey suddenly disappeared for five months. I was frantic with worry. Then she phoned me and told me she was living on the streets of Vancouver. She was with her boyfriend. She has recently (age 35) been diagnosed with Bipolar disorder. She is an addict..... her drug of choice which I was oblivious to was pain killers and alcohol. I started to read everything I could on this disorder so I can stop judging & condemning her and start helping. Your web site was the first one. I am sticking with it...When I find someone or something that helps myself or others I always find that God has a way of making you bump into other people who need help. I purchased your course so that I can give it to another Mom who may still be helped when her child is young. I am thankful that my daughter is still alive.

-Sheila Trott, Canada

Hi David...thank you for all your help I have a friend who has this problem and it is helping me understand it better... [to others:] I would fully recommend David's help he gives through this way as it sure helps ppl like myself understand my friend who suffers from this disorder

-Lexie, New Zealand

Dave, Not everyone is going to be a "success" story. But what you do is help people with manic-depression (which is what I prefer to call it) live their lives as full as they possibly can.

-Tina, SC

Everything you have written has really helped me deal with living with bipolar disorder on a daily basis...I really recommend your course to anyone who is supporting someone with bipolar disorder or someone who is living with bipolar disorder. Your course is very useful.

-Dee Humbles, IN

Dave: Your information is beneficial to those that have no knowledge of the illness, or are simply disinterested. As a person with the illness, who is also educated and wants to learn all there is about the disease, it appears that you should get a definate "A" for effort...I have recommended your information to several people. I have even forwarded your "newsletters" to them.

-Abraham, AZ

I think it has helped. My husband is still not talking to me and we are in the final processes of a divorce, but you always made yourself available and had interesting articles that helped shed some light on a very dark and under-researched topic.

-Sherry, TX

the material is very informative, practical and also very useful to hand on to tohers also working in the same field...as i just said i always relay information on to my team of carers...they also have provided very positive feedback

-Karen, Malta

It has given me insight i did not no before,...Yes you seem to be knowledable of the subject

-Leonardo, NC

Yes, David, it helps me. It puts my problem in scientific perspective... I put them all in a folder straight away, and look at them later, in bunches...WHAT YOU DO IS GOOD!!! [to others:] David's info gives updates on research, drug issues etc. It helps to know the facts!

-Rosalind, Australia

...I too have done much research on BP, but I find the articles from different sources you pass on, very interesting. I'm sure you are helping many people. [to others:] The most important thing for a BP to know is that they are not alone. They also need to realize they have to be medication compliant. Some chose to learn this the hard way. It's important they have the facts and the latest research. You are providing this information...

-Carol, Canada

This material has helped me understand what Bipolar Disorder is all about. I am one of the fortunate ones that does not have Bipolar but have a keen interest in the cause and effects it has on peoples lives. I felt in the last decade or so everyone that had some sort of depression or mental disorder was being diagnosed as having Bipolar and that it was being used as an excuse and I believe the real sufferers were being labelled as fakes and just bone lazy. This was not the case and they were really suffering and if your material had been available to the unbelievers they would of been able to UNDERSTAND...Yes I would recommend this material to others, it is very informative and educational.

-Avril, Australia

dear dave u have helped me understand bi polar to some degree but there is so much to comprehend i really appreciate your e mails and would like to keep receiving them thank u for taking your time for sending them...yes i would recomend your info to others in need

-Mary, NJ

I am learning a lot from the information that you are providing me. I am able to understand it a lot more and I am really starting to think that my son is Bi-polar with the more that I am receiving from you because a lot of it makes sense and sounds a lot like my son...I would recommend David's information on Bipolar to others as it is something that I really didn't understand and I had a hard time believing that my son has this until I started receiving David's information about it and I was able to relate to a lot of the information that he has provided me with. I also printed most of the information out and brought it to the Doctor's with me and my son so that I could explain a little more to her so that it would help in diagnosing Justin (my son). Thank you David!

-Carrie, Canada

I really feel that the information you provide helps a lot of people and that it is a great thing that you are doing. You have been through a lot of things that people don't understand, including myself. I think that me, not a loved one is going through Bipolar or something similar, and getting your e-mails has encouraged me to get the help that I need or at least to look for it. I am thankful that I found your information and that you are willing to share it with others!...I would definitely recommend your page to anyone. I think that it could actually help anyone that has issues in their life. That way people can see that it is out there and that it is real.

-Jessica, OH

Hi David...Yes, your information is great, it helps to know that there is someone out there who is helping, and has some info on this disorder, as I live in South Africa and not a lot of people have even heard of this disorder. My brother has been suffering for years now, and I am gathering as much information as I can. Never let anyone get you down, you are doing a great job...I would say, that you never fail to send info and that you are always giving new information and hope.

-Crystal, South Africa

I am not bipolar, but I believe that my husband is and I joined the newsletter to try to understand him. He is in denial, of course. He has left our family and is living with another woman. It is difficult to reach him anymore. I would still like to receive the information, though. His mood swings were horrendous for the 19 years he was with us. Did a lot of emotional damage to all of us. Kids included. We are now trying to heal ourselves and understand him. You have helped me tremendously. I never knew why he acted the way he did, and now I do...Very explanatory and helpful information. I highly recommend this information on Bipolar Disorder. I had never before known what it was and now I do. The information has helped me to be more understanding.

-Marge, OH

it has helped me understand my sickness better, and also to see if my father has this sickness because i want to help him...i think that a lot of people should be reading your course, because most of the people do not know about this sickness and it's something that it's happening more and more often and people need to understand those people that are bipolar

-Yadira, Mexico

Some of your material on bipolar has helped me, especially the manic part. That I have learned to deal with now that my husband is not in the manic mode... Thank you for sending me all the other info on the manic part. It really did help me. And as far as I am concerned you are doing a great service to people that need your help. Thank you... I would recommend your information on Bipolar to others. Unfortunately I don't know anyone else except my husband who has this illness. I told my family what a great help your info has been to me.

-Brenda, Canada

I was diagnosed 6 years ago with Bipolar Disorder I was told to move away from all negativity. I was in hospital for three weeks receiving treatment and had bad spells. When I changed my career things went much better and I went off my medication big mistake. I have been back on my meds for one month and feel much better still having spells but controlled. My sister has also recently been diagnosed with Bipolar and your material is assisting me in helping her THANK YOU DAVE... Dave I thank you for all your assistance and emails it is good to receive them. I sometimes feel very down and out and when I receive your mails I tend to get back on track and realise that I'm not alone. THERE IS SOMEONE THAT UNDERSTANDS MY MOODS. KEEP UP THE EXCELLENT INFO.

-Danny, South Africa

It's pretty good, I like to check it out... I think anything that provides insight into this disease is beneficial. Knowledge is the key to overcoming this affliction.

-Julie Pelletier, CA

I find your information to be a great help and importance. I learn some and relate well to other info, thus confirming things I've heard before or thought or experienced firsthand. Your material is well-written and well researched. The fact that you include your sources and disclaimer makes it, to me, legit as I could go ahead and look it up if I needed to. (I too have researched the illness over the years. I have known of my severe bipolar condition for 21 years now, and never have doubted your literature/ writings. I'm stable on meds, but grateful for your site and mini course.) You are going to be so very blessed for your hard work and given time, Dave... Oh yeah, absolutely [I would recommend this information]! I've been forwarding it to my daughter and son in law.

-Lynn, Canada

I feel like your information has helped me quiet a bit but I am still reading it all...yes, [I would recommend this information] I will soon be a trainer for a Visions Program which helps people from every walk of life that has a special needs person in their lives.

-Diane Madsen, NE

I think what you are doing is fantastic! Thank, keep up the good work!...You have help me a tremendous amount in dealing with my daughter.

-Charlotte, Canada

i am a peer facilitator and i use your material they like it and i like it i have bipolar and the stuff you send helps lots of people...i use the info you send...and the people who come to these groups is over 300 people a week keep sending the info...you help lot of people whether you know it or not...

-Doug, FL

...i was diagnosed with bi-polar disorder about 6months ago as well as cyclothymia, and at first i didnt know what the hell to do until i read ur stuff and i felt ok not only knowing that i'm not alone with my disorder but that there are sum people in the world who acctually have a heart and are willing to help others...you did great work and it has proved incredibly value to me. Thank for all that u've done, keep up the good work...I would recoment the bipolar information to the entire planet, we all need it...

-Amos, WV

I have learned a great deal about the hardship posed on everyone when dealing with this issue. I am in the mental health field and it has helped tremendously...I would [recommend this information].

-Susan, CO

Dear Dave, I suspect my son has a bipolar disorder...I look forward to receiving your newsletters as they are very informative and have helped me explain to my family what our son is going through...Thank you for caring and sharing and offering your experience and help. [to others:] I was desperate one evening and went online to find any information on BiPolar disorder. My son hasn't been diagnosed but suspect he is bipolar. I found David's site and was immediately encouraged. I requested the free newsletter and the infomration he sends is very helpful. I look forward to ordering his course in the near future and feel much more hopeful that my son will be on a better path now that I am getting some practical and real information. Thank you again David.

-Debra, CA

Yes. I have learned a lot about this disorder than I have ever known. It has helped me to understand some of what I have been seeing in my loved one. Thanks...I think your information is very educational.

-Allean, VA

I do not have Bipolar Disorder, but I have a couple of friends who do, and I just wanted to understand more about it. I haven't gotten around to reading everything you sent, as I'm working 12 hours a day right now... but I saved all the emails you've sent and I'm reading them as I get the time. I DO have a much greater understanding of the Disorder than I did.. which makes it much easier to understand and deal with the persons who DO have the Disorder. Thank you for taking the time to send this information, as I'm sure there are many, many people who do NOT understand Bipolar Disorder any better than I did...I have already forwarded several of the emails to my friends who DO have the Disorder, and to a friend whose sister-in-law has just been diagnosed with Bipolar Disorder. Yes I would recommend your information to others.

-Elsie, TN

I thought I understood Bipolar having it myself, but I didn't. Your information is very informative and helps not only myself to understand why I do the things I do, but it has helped my husband as well. My husband has always blamed my mom and the things she did and said to me while I was growing up and even into my adult life. He now understands that it is a chemical imbalance and that she had nothing to do with the Bipolar itself. I now see a psychologist and a psychiatrist and I'm taking the right medications which is helping me so much. I feel normal for the first time in my life. I want to thank you. Linda & hubby. [to others:] I would recommend David's information and materials on Bipolar Disorder to anyone who struggles with or knows someone with Bipolar. Bipolar is very frustrating and in some cases can be very dangerous. I personally struggle with thoughts of suicide, so when I get David's e-mails, they help pick me up and remind me of who I am and what I have.

-Linda S., OR

Yes, it has been informative and helpful. It provides a lot of useful information. However, some of it is not applicable to me as I live in the UK, and our taxes, welfare system, insurance and medications are different here [to others:] Helpful and informative. Bipolar course useful as it does not swamp you with information all at once.

-Lianne, United Kingdom

Your info is great! don't stop sending your material! I will share it with a friend who has bipolar...yes I will print out your info and give it to my friend.

-Jennifer, CA

The material on bipolar disorder has helped me realize how much I already know, how well I am maintaining my bipolar health, and provides me with an easy resource for those who need good information...I would recommend your information to others with the reminder that one still needs to choose what information is valuable and what is not. It is easy to become overwhelmed with all of the information and the frequency of your emailing. The reminder is good because each bipolar disorder is different.

-William, OH

...I have found your articles very informative and please keep them coming. My daughter was diagnosed bipolar and it is heartbreaking. This is a disease and is very crippling. I learned alot from your emails...You are helping even if only by getting the information out there. A lot of people do not know what bipolar is and I didn't either until I started reading and reading and reading...I would recommend your site to anyone who needs information and help. My daughter would not accept that she is bipolar and now she does, and is getting help and the medications she needs and the counseling. She wants her life back and is doing something about it, its slow but not hopeless.

-Karen, MN

Dear David, Since my discovery of you, my dealing with my wifes Bi-polar with Pchycotic episodes has gotten much better. I can't put it all into words! It would take to long to do. I'm shure your a busy man. what you provide here is so worthwhile...What you offer here is without question the best advice I believe anyone could offer having lived with it yourself...I do recommend your website to others every chance I get. This Information is priceless and as soon as I can afford it, I'm ordering your complete course.

-Jeff, NY

Your material has been very informative. I still do not know for certain if my daughter is bipolar, but what you have sent is helping us to cope in many ways. Thank you for being there for people in need...I would highly recommend this course. Whether you or someone you know is bipolar, the information provided through this is very helpful.

-Sheila, CA

My loved one is bi-polar, and I am only recieving the "free" emails from Dave at this time. It has taught me so much, and given me hope. I'm hoping to purchase the full course with my next pay check. [to others:] Give the free "mini" course a try. The information is priceless, and just being aware that there are others in similar shoes does a lot.

-Melissa, MD

your information has been very helpful in my school research and also in my personal life to help me better understand my girlfriends disease fully.....THANK YOU!! [to others:] I would recommend reading this material if you are living with anyone who you think may be bipolar or who has been diagnosed as bipolar.....really opened my eyes on how much I THOUGHT I knew about the disease and how to cope with it and how much I really DIDN'T have a clue about the disease.....I can now say I am reading and learning how to help my girlfriend cope and live with the disease and I know can understand what she goes through

-Tamara, AZ

...Yes, In addition to being Bi-Polar, I also have Cancer and Arthritis in my Back and Hands. It is something to live with. Every thing you send out helps me to cope...I am Blessed to have a loving wife to support me, I am sure there are many not so lucky. Please continue the work...

-Robert, NC

Since I never even knew what Bipolar Disorder was before I met my husband, I had no idea how to handle the problems that, of course, came up due to his highs and lows. I didn't understand what it was or what it did. I just thought he was trying to break us up since I was already divorced once from a real jerk. Once I started reading your information, it not only let me know that I wasn't the only one dealing with a loved one with this problem, but also that I wasn't helpless to help him. I can never thank you enough...Trying to research this information on your own is one of the most confusing things I have ever tried to do, especially not knowing what I was looking for. Having it handed to me on a "silver platter" is perfect. Thanks.

-Michele, PA

recommendation: I would definitely recommend the site and have already passed it on to two friends that are dealing with the same problem. It has helped me to understand the dynamics of this "disease" and how to cope with it.

-Jon Drummond, AZ

I am dealing with my childrens father who is bi-polar. This site and news letters have been a great source of information and I do enjoy reading it. My 4 year old son is also bi-polar and no one would help me... your information has be a source of inspiration and hope for me. Don't stop. I need you as well as my son and his father!!...I have sent your information and links to everyone in my family and to my ex's family including him! I have also given links and forwarded e-mails with links to many of my patients here at childrens hospital.

-Angie, OH

When I first stumbled upon your course I new practically nothing about Bipolar Disorder and I was having trouble finding information about it. I thought that this diagnosis meant that I was a crazy person doomed to kill people and spend my life in prison, as that's the stereotype my mother instilled as I was raised. Thanks to your course I know that I can live a normal life by using a few simple tools and by asking for help when I need it. Thanks Dave!...Thanks to your course I know that I can live a normallife by using a few simple tools and by asking for help when I need it. Thanks Dave!

-Candace, MO

It has made me realize that I am NOT in this fight alone with trying to deal with my daughter. Sometimes in my daily battles with her I will start to feel so alone. Then I receive on of your newsletters..or I go back and reread articles that you have sent me. I have saved ALL of them. and find them VERY helpful...Yes!!!! I would recommend your information to ANYONE who has ANY contact with someone who is bi polar.

-Robyn, AL

It has helped me to understand the disorder better and therefore become a better mother to my son. He is the afflicted one. I also use the material to help me with my support groups that I do for other parents who have children like my JT. Thank You for what you are doing...I forward your site and material to everyone who may need help.

-DeAnna Chapman, IN

I appreciate the information - it is a comfort to know that things which seem logical to me (i am not bipolar but my husband and 20 yr old son are) normally, i may doubt during their crises - but you help me stay on the right track. sometimes i wonder if i am doing or saying the right thing when they are in crisis because it is two against one. i cannot count the number of times your info has helped me through their bad times...i have done so [recommended this information]. many bipolar people will not seek out info themselves - it seems as though they do not want to know. However I keep passing along your contact info...

-S.H., Canada

...it has helped me. my 9 year old son has bipolar. I mostly need help to deal with his anger, he gets very voilent with me and I do not know how to deal with it with out getting upset with him...yes I would [recommend this information] it would help alot of people understand about it.

-kelly mcMahon, Canada

Most stuff does help Yes... I am the mother of an 8 year old with bipolar I liked the newsletter say no the best I think....I would like to see things more geared towards the parents and what we can do, but other wise, yes, I think you are very helpful

-Cas, NY

It's given me a first insight into the multitude of issues connected with bipolar disorders...I recommend the mini-course prepared by David Oliver to those who are being exposed to bipolar disorder or to friends and relatives with bipolar disorder as a good first-time primer.

-Oliver Hoffmann, New Zealand

Your emails ARE very informative. My husband and children are bi-polar (all different—from extreme to mild). Although some of your material DOES have info I am already aware of...it is always good to read it and have it fresh in my mind. [to others:] Anyone having or living with Bi-Polar who wants to learn more about the illness and coping, would certainly be interested in your information. Living with family members with bi-polar, I know that by not reacting to symptoms and understanding what “really” is going on, makes coping easier. More importantly, it enables me to be more beneficial in helping my family members get through an episode in a supportive/positive way vs. making matters worse. Understanding the severity of an episode provides what course of action is required to ensure the safety of the one who has bi-polar. Education for the one suffering with bi-polar is vital. Keep up the good work David!

-S.S., NJ

it gives me another source to find more info and allows me to me to continue to kept informed and educated as a bi-polar this helps me to feel empowered thank you so much...yes i all ready do [recommend this information] i belong to a support group for bi-polars and uni-polars i strongly believe in being educated and passing along any info i can to help especially the newly diagnosed they don't know much about what the illness means and helps them to have a place to find info easily and of course family members, caregivers need info so they may help there loved ones and have more understanding of this monster of an illness...

-Jill, NV

David, You are the one resource I use when I started into my adventure of my own support group in a little town in Michigan. I have loved the articles and even if their are some I can't use I still print them because someone else may need that advice. I am new to your courses and your newsletter. But please keep sending your newsletter and all the knowledge that you impart on all of us that subscribe to you...I have been diagnosed with Bipolar Disorder for 7 years and just take it day by day.

-Karen, MI

Hi Dave, I think your info on bipolar has brought awareness to all those who suffer from it, and that is the first step to cure ,I believe.

–Mariam Saeed, United Arab Emirates

your material has helped me so much, before i read your articles i thought i was ready to give up and walk out, but thanks to you you have made me realise that its not just us going through it...i would recommend david's information on bipolar to others, you can search everywhere on the net and find bits and bobs that we already knew, but it still didnt help us! thanks to the ongoing information from david, it has made myself and my partner (with bipolar) realise were not the only people in the world with it, and not to be ashamed of it,its helped us to understand bipolar and the different medication to help control it.

–Melissa, Spain

Yes, it has made me understand more about the disorder and how to cope.
Thank You!

–Sharon, OK

your material on bipolar is really useful.It is certainly from your experience and useful to others with similar problems...I am from India... I hope withyour endeavour do help people to know better of bipolar and lead a far better useful lives.

–Kiran, India

Your information is a god send to me. Keep up the goodwork. [to others:]
Please! this info will help you or your loved ones.

–Brenda, NC

I HAVE A BEAUTIFUL, ADULT DAUGHTER THAT WAS ON TOP OF THE WORLD AND HAS LOST JUST ABOUT EVERYTHING, INCLUDING FINANCIAL MEANS OF GETTING HELP. I HAVEN'T KNOWN WHERE SHE IS FOR THE LAST MONTH. THE INFO HAS HELPED ME UNDERSTAND THE LAST SEVERAL YEARS OF HER LIFE. I HAVE BEEN A POLICE OFFICER FOR SIXTEEN YEARS AND THROUGHOUT THOSE YEARS HAVE DEALT WITH MENTALLY ILL PERSONS. UNFORTUNATELY, THERE IS NO TRAINING OR EVEN EXPLANATION FOR THE DISEASE. A FELLOW POLICE OFFICER SENT ME YOUR SITE BECAUSE SHE KNOWS MY DAUGHTER. I THINK YOU DO A TREMENDOUS AMOUNT OF WORK, SOME OF IT PERTAINS TO OUR FAMILY, SOME NOT. I GIVE YOU HIGH PRAISE FOR WHAT YOU ARE DOING. KEEP IT UP...I WAS REFERRED BY A FRIEND AND HAVE SINCE REFERRED OTHER FAMILY MEMBERS AND FRIENDS. NOT ALL THE INFORMATION WILL BE UP YOUR ALLEY, BUT WHEN IT IS, IT IS RIGHT ON TOP.

–Brenda, USA

Yes! Knowledge is power. Your information has been VERY helpful. I really appreciate what you do. Your efforts are invaluable. Anyone who learns from what you offer has to realize that if they are afflicted with this disorder, they have a hard road to forge to overcome it. If they are supporting someone, as is in my case, they CAN'T cure that person, only educate themselves and hope for the best...I highly recommend David's information because he provides SO much all in one source. Realize that it's what you choose to do with that information that might offer you solutions. The solutions may not be up to your expectations. David's information has met all of my expectations.

-Rick, CA

Just a short note to let you know your info on Bipolar is very helpful to me...I am a counsellor who has contact with many many families and individuals some who have either a partner with bipolar or who suffer themselves. I appreciate ideas, news, thoughts and stories from one who actually lives with the illness and let my clients know that your service exists as well as yourself. Keep up the good work and please please stay focused on what you believe is right for you and others. Wishing you all the best.

-Annamaria, Australia

It helps me understand what might be happening to me. The doctors are not sure but I want to know if I might have it and if I do then how this might affect my life. My mom thinks I have it because it is in the family but I am not so sure...it's great, useful and very helpful

-Karen, USA

It has been very helpful, I am a very new diagnosis. So anything I can learn the better...I would [recommend this information], it's very informative!

-Melissa, Canada

I deal with a bipolar teenage girl, your info has helped me in dealing with her swings a bit better... if someone I knew found out their child was bipolar, I would definitely tell them of this newsletter

-Connie, TX

I HAVE REALLY ENJOYED YOUR ARTICLES ON BIPOLAR. I HAVE A SON THAT THEY DX WITH BIPOLAR HE IS 18 AND FOR YRS THEY SAID HE WAS AD. YOU HAVE HELPED ME UNDERSTAND A LITTLE BETTER JUST WHAT THIS IS. ALTHOUGH I HAVE 100'S OF QUESTIONS THAT MAY NEVER BE ANSWERED, YOU HAVE ANSWERED MANY AND I THANK YOU AND I WILL CONTINUE TO READ AND PULL OUT ALL INFO I CAN FROM YOUR ARTICLES...I WOULD DEFINITELY RECOMMEND YOUR INFO TO OTHERS, I HAVE LEARNED FROM YOUR ARTICLES AND HOPE TO LEARN MORE AND MAYBE UNDERSTAND THIS A LITTLE BETTER.

-Kim, FL

The information on Bipolar Disorder has been immensely helpful to me, as it has enlightened me in terms of my partners behaviour/s. Which in part is as a result of having the disorder. I am still in the learning stage and I would like to continue to receive information from you David, as i feel that having the understanding and awareness of what life is like for my partner, has indeed in my view strenghtened our relationship. Our relationship is not a bed of roses, but it has started improving with your help. I was in the dark about this disorder for nearly 2 years. I accept my partner for who he is and having that extra knowledge base can only add not subtract from my ability to support him...For me I have benefited and I am certain that others would as well. from being a part of the Bipolar Supporters Mini Course. I would also recommend reading articles that David has made available through linking up with other websites. Very interesting and informative.

-Myra, New Zealand

I am living with bi-polar and it is really hard but thanks to you and your website it has helped me and my boyfriend out a lot. You have helped our relationship a lot he use to think I was just crazy and he didn't understand the moods but thanks to your newsletter and on line course it has helped both of us!!!!!! Thank you for everything

-Jennifer, FL

Dear David, I am very educated on mental illness. I also have a family member with bi-polar illness and I do think your information is very educational as well as having the hands-on approach. [Your book] sounds very informative and honest for someone with mental illness or just anyone who would like to work from home...Yes, I would recommend your information to others as I find it to be very in-touch with the illness.

-Audreanna M.

man...You have no idea how helpul your informations are to me. For the fisrt time in my life I found something that actually make sense, dealing with a history of mental illness in my family, including Maniaco-Depression....On my side...you've my full attention and support... Keep em coming... Man, I pass on your infos to everyone I know who can beneficiate from these infos. As I said previously. you are doing a great job...

-Rudoph, MA

I wanted to take a minute and email you abou your articles. I really do appreciate the articles. They are a great help. There is a lot of imformation in the articles... Keep up the great research! I do appreciate it a lot.

-Linda, OH

Dear Dave,

Please keep up your good work! You will always have people who may disagree. Just think of all the people who you do help like myself. A 32 year old with bipolar disorder. I use your information not only for meself but I pass a lot of it on to my family. I try my best to keep them up to date as best I can. They trully are vary greatfull...I most definetly would recommend your information on to others. I speak of my illness to the local collage every year and will continue to do so as long as they keep asking me back. Your site is one I would give out to the students if they were to ask where they could get more information.

-John, NY

It has helped me understand more about it. I have found out I am not bipolar, but I do have just the mania and anxiety. I am being treated for this by my psychotherapist. I wouldn't have known help was available if I'd never heard from you. I thank you for this help...I have recommended this to a very good friend of mine and she was very thankful for the info.

-Cynda M.

It has let me know more about the disease, its causes, treatment, rights, and how to cope. Your information is a good supplement to what my health care professional does not tell me. Thanks for all the effort and for helping people like me to unnderstand this disease in an easy to understand way...I would recommend it to my brother if he had a computer. He is bipolar I and my other brother is Bipolar II like me (my mom was also Bipolar I, like one of my brothers - she committed suicide when she was 69 years old. I hope my brother who is bipolar I does not follow in her footsetps!

-Steven, WA

As a new 'reader' I am eager to learn what others already have. It's a roller coaster ride that I ride with my husband who was diagnosed with bipolar 4 months ago. To be a successful carer you need help and advice and to know that what you are feeling is the same as others feel. Thank you for taking the time to inform others like me what you have had to endure and what you have learned. Knowledge is the key to survival! Please keep it up.

-Helen, Canada

In some cases it informs me in others it reinforces and others reaffirms. Thanks...the more information the better.

-Richard C.

Yes, I find your info helpful...My son has also signed up and receives it. Thanks.

-Rose, New Zealand

It is good to that others are having the same hurdles as myself and to get a different perspective on how to cope with bipolar. [to others:] Read and believe. Help yourself by gathering information. This is a wonderful site to gain some introspective knowledge and how to improve your life.

-Richard, MD

I have found the information you send very interesting, I have not had the opportunity to use any of it but I do read it and find it helpful to understand the illness...I would definitely recommend it to others

-Jean O.

...Even if you have helped just one person-all your hard work has paid off. All your information has helped me-to discern whether or not my daughter had bipolar (which I knew nothing about before your web site) I thank the Lord every day that she does not have bi-polar, although she has some of the symptoms. Now THANKS TO YOU I know what to be aware of and look for. Keep up the good work...Thanks again...I would recommend this site to anyone who wants to learn about bi-polar

-Diann, KS

Your insight has given me hope with my son as well as myself. I thought that all of the feelings and thoughts that were mine were just that, "just mine". Most of the things that I think are during an episode with my son, and most of the time the things that I thought were not kind, loving, understanding, or any of the things that you are supposed to display with a loved one that has bipolar disorder. The material has been a lifesaver as well as God sent to my son. When he starts going into the "dark area", I give him the article, and he reads and understands before it gets bad. I can't thank you enough...I would highly recommend the course to anyone who is dealing with anyone with the disease. I am a caregiver to a son who was diagnosed three years ago, and the nightmare was just beginning. I tried all avenues to get information that I could understand, as well as my son who is bipolar with psychotic episodes when he can function while not being in an episodic state. Knowing what is going to happen is a dream that I will never have again. Understanding what has happened is such a relief and I look forward to more information in the near future.

-Joanna G.

...I'm grateful for any one who would take the time to put this kind of information on the web... Please keep up your work and the many people who have written a positive note on your subject...Yes, I would [recommend this information]. You have taken time to research this subject to great detail.

-Eugenia, New Mexico

It helped me greatly on how to understand what my friend was going through, thank- you, and keep up the excellent work!

-Robyn S.

Dear David: Please know that I read all the material and that I find a new fact each time that I read it. Be it known that I still struggle with the bipolar and know that all your issues are a help but it is still something that I find hard to deal with. All the information is a help and I want you to know that for sure. Don't ever hesitate knowing that your information is wonderful to read and update my dealing experience that I must live with.

-Cassandra

It has let me know that I'm not alone in my endeavors to find more info on my 4 year old son.

-Jennifer K.

Dear David, To be quite honest I have not had time to read everything yet but am looking forward to it. What has helped me so far is learning to deal with it and be more positive and using correct wording with my bipolar child...what you are doing is amazing and I appreciate!

-Janet C.

My son who is 8 years old was dxed with bipolar and your articles have been more than helpful to me! they help me understand where he is coming from. He is only 8 and he has trouble explaining how he feels sometimes and with the things i have read that you have sent me i am more able to understand what he is going through at times!! I just want to thank you immensely and tell you never and i mean NEVER to give up!!!!!!...I would most definately reccomend your information to others!! anyone could benefit from all your hard work!!

-Samantha, KY

DAVID, I THINK YOU'RE DOING A GREAT JOB! I HAVE BI-POLAR AND ALREADY KNOW ALOT OF YOUR INFO, HOWEVER IT'S HARD FOR ME TO EXPLAIN TO MY FAMILY, SO I PRINT OUT THE INFO I RECEIVE FROM YOU AND SIMPLY LET THEM READ IT .THEY IN TURN COME TO UNDERSTAND MY ISSUES AND ARE SO MUCH MORE UNDERSTANDING AND SUPPORTIVE. KEEP IP THE GOOD WORK!!!!!!!!!!...I WOULD HIGHLY RECOMMEND YOUR ARTICLES TO ANY AND EVERYONE THAT SUFFERS FROM BI-POLAR AND TO ANY FRIENDS AND FAMILY THAT JUST DON;T UNDERSTAND OURMOODS OR THOUGHTS AT TIMES.

-Krisy E.

You do a good job of sharing information. Because of you I'm now in a Bipolar support group. No one is perfect and you will not please all your readers. Bipolar families suffer, just as I have over the years. Sometimes they have to be mad at someone...Thank You

-Ann, MI

your information has helped me in a lot of ways. I am able to understand my child and in that alone really helps! and please keep up the Great Work!!!...I think that with the information that has been written, we will be able help someone down the road and to help their families to understand the ones that they love.

-R.H., CA

My best friend was diagnosed with Bi- Polar last year. She has gone through alot including different medicines and dosages and the side effects that come with all of that. I have been trying to be her support person and it helps me to be able to get any information on the problem and how to help someone who is dealing with it. I not only read everything you send to me, I print out alot of it so I can refer to it and reread it to help me to be able to help her. Everything you send is not pertinent but it isn't a waste of my time to read it. Even if it doesn't help now it may help me later. I really appreciate all of the innformation you send me...I would definitely recommend anyone who has Bi-polar or who is dealing with someone who does ro read your articles.

-Carol, KY

David~You are not wasting your time. I find your information very helpful. Thanks for all your hard work!...I have recommended your site to others & will contuine to do so.

-Carmen, SC

YES!!!! Thanks so much Dave!... there are lots of us who appreciate all that you are doing and the information you pass along to us...Yes, Dave! I would and HAVE already recommended your sites to others including friends and family members. I am a Registered Nurse and well acquainted with mental health issues and I find your information worthwhile. I only subscribe to one other source at the present time and have never responded to anyone else's blog but yours!

-Lorrie, CA

It helped me to understand very well the manic episodes...Yes, the material is clear.

-Cecilia, WI

I am not bipolar nor is my son who has schizophrenia, but there are always overlap symptoms and I am here hoping to pick up just a few hints.

-Judy, Australia

I have a friend who I believe is bipolar I hadn't learned too much about it and was looking on the internet so I could maybe find some info that would help him to believe and maybe want to see a doctor about it. I came across your website and joined up for the newsletter. Ive learned a lot about the disorder that I didnt know and Im not even halfway through the course. I havent got him to see anyone yet but like I said Im not even half way through. . Its not the info that doesnt make him want to, the hard part is just getting him to read it. Thank you for youre help in my quest.

-Ashley W.

I am pretty new to being a caregiver. We have been married 40 years and she has been treated off and on for depression for the last 25 years. In January she went from being irritated to manic and we just happened to be in Las Vegas. She would not come home with the rest of our party because she felt she was winning. Her father died in February and she was sure she would inherit a million dollars. She had never felt better, I was really worried. Her Doctor bought her story. She gave a lawyer a \$15,000 advance to get a divorce because she thought I was trying to kill her. After figuring out she was being treated for depression and she had bi-polar and looking at your instructions on find the "right doctor", I proceeded to find the right doctor. I also found myself a doctor and started working out for some relief. We have everything under control now. It was a roller coaster ride and I take advice everywhere I can find it. Thanks for your help. [to others:] Bi-polar disorder is a roller coaster ride. Take advice and help where you find it. Take David's advice and find the right doctor. The right doctor will find the right medication. When he tells you to get "stuff" together, get your emotions and finances together fast before too much damage it done.

-Jim, VA

I know my niece is not alone in her disorder, nor am I in being her advocate.

-Ann, CA

David I really appreciate that there are still good souls out there like yourself...your site was the best information that I could get hold of on the www and completely free if only you could know that you are one person that has the full respect of people in need of answers to their problems I don't believe that I have bipolar but I am struggling with myself and your information has really been a way for me to see things in a new light which has only improved my personal situation and I have less fits of hate and rage I can look at people with mental problems in a totally different way than crazy I'm pretty sure that there are thousands of people that really appreciate what you are doing... thank you for your support it's really ingenious...I would definitely recommend it to people who need it like myself it's an indispensable source of support and understanding

-Terrance P.

Dave, I think your site is awesome!... alot of the information i either have heard before or use in my daily living, however there are many of those who suffer from this disease that have no clue how to handle it. Keep up the good work Dave...I have fowarded your email to my mother and my 17year old daughter. I know my daughter reads them and it gives her a better understanding of what happens when one has this disease.

-Kathy, MT

I was diagnosed 3 years ago and work in the medical field. I wrote my thesis on Adult Bipolar Disorder. While your info isn't really new to me, it takes a different perspective. I find that helpful. I find the practical, everyday info on how to deal with life, in general, is fantastic. I had trouble dealing with the wreck my life had become and had to rely on my doctors to provide me with information. That's fine but not readily accessible. This newsletter is...I would certainly recommend your information to anyone without a medical background who is newly diagnosed. The info you provide is invaluable to those who are just getting started.

-Dee W.

Yes, it has...I actually do pass on your information to friends and family members. I print out everything and let them read it as my friends and family members don't want a bunch of e-mails. I am sort of the hub of bipolar info in my small community of friends and family and I do refer to your information and let them know where it is available.

-Kirsten, CA

It has helped me understand how to help someone with bipolar(my boyfriends brother bipolar1) and how I can help myself bipolar2. It has also helped his girlfriend understand him better... So as long as you've helped even one person to me that's a success. Thanks for your time and information...Already have [recommended this information].

-Teresa F.

honestly i havent really had time to look over all the things you have put up here but the things you have written has helped... so keep doing what you are doing. because alot of people with this problem needs somone to talk to and to hear other peoples situations. thanks.

-Rita W.

...more than anything I am realizing that something that I had suspected might be true probable is in fact true. Although there has been on offical diagnosis both the newsletters articals have given me something to look for and things to try to deal with the problem. Thanks

-Greg P.

my son daniel is just turning 13 and spent several weeks in a child's psych ward and was finally diagnosed with bipolar disorder and has been hell for us. I print and read everything from you because any help is wonderful. There's not a whole lot out there but descriptions of bipolar that we have found until my husband found your site. I have a whole folder of all the articles whether they pertain to us or not since he's only 13 the info will come in handy in the future. There are some of us who have known where else to turn. To ...seems like every one wants to push us away or doesn't know what to do. Even our own therapist and doctor haven't given us the info you have. And here lately there have been a lot more about children which we appreciate. We would be lost without your information and look forward to seeing the new news articles on a daily basis. Like I said if it doesn't pertain to us now it will in the future. So believe me you are helping and if I could afford your book I would have it. They say we learn from our mistakes and those of others so if we don't share what we've gone through how do others learn? I wish I had someone in my same situation [to others:] well all I can say again if you learn from your mistakes and those of others don't you think someone who has and is going through the same thing might have something to offer.....

-Shauna, CA

I feel your newsletters have a lot of valid information on Bipolar. My girlfriend was fairly recently diagnosed with Hypomania and I'm diagnosed with Bipolar I, so it is nice to know there are people out here in cyberspace who have information to help us...I would definitely recommend your bipolar minicourse for families...it gives quick honest descriptions of both parts, mania & depression, of bipolar. It's further valuable because it talks about the chemical imbalance with bipolar. Thanks

-Kristen, CT

Of course your material on bipolar disorder has been very informative and helpful to me. More research needs to be done and I am sure step by step the worst of this terrible illness can be either controlled or eliminated. I have seen too many deaths from this illness to make light of it.

-Pat M.

As a Counsellor I appreciate your course and information. It is very difficult to get concise information from books and I don't have time to go to university or college and I would not get the insight that you have spent time accumulating. WELL DONE!...I do recommend your information to others, in fact I will be talking about it next week at a meeting of Counsellors...You have done a tremendous amount of work...

-Lola, Australia

it gives me usefull information...everthing is worth looking at... this is a bad disease and it must be attacked from all fronts using all and any methods of confrontation...

-Gary, IL

I think it's great that you have spent so much time researching all that you have...One of the things I like best is that you include things for family members (spouse/mate) to help out when needed. I think that has helped us most. Please don't stop!!!...I have a sister who is bipolar but also dislexic so she doesn't read. I have tried to help her with the info I know.

-Lori, FL

David

ANY INFORMATION YOU CAN GIVE IS VALUABLE. THIS IS THE MOST INSANE DISORDER AND IT CHANGES EVERYDAY. OUR DOCTOR GIVES MEDS BUT NEVER SEES THE LIFE WE LIVE NOW THAT OUR 17 YEAR OLD HAS BECOME BIPOLAR. YOU JUST KEEP OFFERING HELP BECAUSE SOME DAYS I AM SO FRUSTRATED IT SEEMS LIKE NOTHING HELPS...BUT I AM GLAD WHEN I AM READY YOU ARE SENDING ME INFO. [to others:] I AM SO GRATEFUL TO HAVE ANY INFORMATION TO HELP GUIDE ME IN THE MAZE CALLED BIPOLAR. I HAVE BEEN ABLE TO GET SOME HELPFUL IDEAS FROM DAVID'S NEWSLETTERS EVEN IF I AM NOT READY TO ACCEPT ALL THAT IS GIVEN TO ME. NO ONE SEEMS TO KNOW ENOUGH ABOUT LIVING WITH THIS DISORDER IN A FAMILY AND WHAT NEEDS TO BE DONE SINCE THE DISORDER CHANGES DAILY. TAKE WHAT YOU NEED FOR THE MOMENT AND TOMORROW YOU WILL NEED THE REST AND MORE!

-Kim M.

Hi Dave,

I've been a mental health professional for over thirty years. Somehow, that doesn't REALLY help when dealing with bipolar disorder within your own family. Well, I suppose it helps, some, such as I DO have infinite patience with my relative. But, your course is helping me to understand bipolar from a new perspective - more human, and less clinical! I'm still able to use my former training to help preserve my own sanity in these dealings, but this course is helping me to understand my relative's point of view a little better...Maybe not everyone is going to agree with you, or even appreciate what you are doing. But, the rest of the folks that DON'T complain are, obviously deriving benefit from your efforts. So, KEEP UP THE GOOD WORK!

-E.T., CA

You are doing a wonderful job and even though I can only get onto the internet for 10 minutes at a time I try to read all of your emails.

-Michele V.

I am getting this information for my son, who is bi-polar, and has no access to a computer. He said it feels good to know he isn't alone and that your information has been very helpful. He has been isolating himself until he started receiving your e-mails from me. God Bless and keep up the good work...I would highly recommend this information to others as it has helped my son to be able to waylay the worst of his symptoms.

-BettyRae, MN

I am a 70 year old Grandma raising a 10 year old grandson who has always been assumed to be ADHD. In Jan. 2005, he had a severe episode, crashing his classroom, yelling at the teachers & wanting to kill himself. I had no idea what to think. He was hospitalized for 14 days & given the diagnosis of Bipolar, Pervasive Developmental Disorder, separation anxiety disorder. Your articles have helped me understand his problems and better how to help him. He is still manic and we are constantly battling trying to get medications regulated. I feel the only source of someone understanding what I'm experiencing is the person writing the newsletters. Please continue them...I have already recommended your info on Bipolar to others. I also have copied some of it and given to my grandson's teachers.

-Katherine, NC

Dave...I am very thankful for your newsletter. My daughter who is 24 has been suffering since she was 15. She is engaged to a wonderful man and your paperwork has helped both of us to deal with her. I make copies of all you send me and give to him to help him deal. He has a BA in psy. but finds this very helpful in helping her. Keep them coming....

-Gail O.

Hey - I think it is great!!!... Keep up the good work and don't let those who are in the grips of their disease sway you. It's only their loss - don't make it yours and ours.

-Gary, PA

I find your information informative and I appreciate the links to the other web sites. Keep up the good work.

-Caroline, GA

hi actually i dont have any person with bipolar the reason why i follow your course is because i m researching about it . your lessons helped me a lot to learn about the diseases and prepare my research i. my research is almost over but still i follow your courses . i just want to thank u and hope u succeed thanks again

-Elnazmiabi

dear all, i am really appreciate for what david done. His done a good job and his kind help much helping people (family member) like me who hav loved one suffering of this sickness you should try to read and try to understand what david trying to help us.thanks

-Aryati, Malaysia

As soon as I found out one of my family member was diagnosed with Bi polar, I went to all web pages I could find. The material I found on Dave's site has richly helped me understand what a horrible disease/disorder this is. It has greatly helped my relationship with my family and have made our relationship stronger. I couldn't have done this without the help of Dave and his web site. Thank you Dave!...I have recommended this site to a friend and she has subscribed to this wonderful free online course. This has helped with her family as well. Thank you Dave! I'd recommend your site over and over without hessitation.

-Lynette, MO

Good morning and gretings: I am trying to understand this whole culture of BP and how it relates to my life. I have ason who is ADD/ADHD and mauch of the information has been quite helpful and applicble to many other concerns and issuee. Had you not done what you had for your mother and for your family's well-being, you would not be where you are now...I appreciate the information; I hope you will not shut down.

-A.M., NY

Dear David~

I am fairly new with your site. But I have to tell you, I am so glad that I did come across your site. Yes, your material on Bipolar Disorder has helped me immensely. I have learned some things that I did not know about before. Please, keep on what you have been doing... I appreciate you and I do know it takes alot of work in what you are doing. God has blessed you with this information that you have been able to give to others, that really need to know. Thank you and keep up the good work...David~ I would most definitely recommend this information on Bipolar to others. In fact, my sister is a manic depressive and I feel she would want to know about this site. So, I am going to let her know about this site. Once again, thank you for all of your hard work that you have put into this site.

-Rose Marie, NC

It has been helpful... the first few of your emails I already knew the information, but they build on one another. So they are beginning to really teach me about the disorder...I actually already haave recommended it to my boyfriend who is bipolar. He was just diagnosed with it when he was hospitalized, but they didn't really tell him a lot about it. So I told him to go to your website and it really was informative.

-Treasure M.

The information is very informative...[it] is very beneficial.

-Patricia L.

Hi David, Thank you for sending all the information about Bipolar. It has all been very informative. I don't think you are wasting your time at all. I don't think I have Bipolar, but my councler seems to think there still might be a chance. She said that you don't have to have it to the full extent, but I don't do drugs, I am not reckless, or extreamly irredable and out of control nor do I drink. I did relate to the depression part of it mainly, and I have been diagnosed as Clinically depreesed...Yes I would definately recommend your mini coarse to anyone who may need this information. Thanks again

-Bernadette L.

I think you have a great web site. Don't give it up because I know you are helping people. I need more material on teenagers with bi-polar because that is what I am dealing with, with my granddaughter. However what I get from you is stored away for her adult years. It is my understanding that how you deal with teens is different from adults...Yes I would recommend your information.

-Carol R.

Hey guy , I just wanted to drop a line and tell you I apreciate all the info you have sent me so far... you are a blessing to the people who were in the dark about Bipolar Disorder.

-Clint, TX

Hi David, I'm the mother of a 37 yr old son who was diagnosed with Bipolar disease only 2.5 yrs ago. I sent for your material after searching for something to help his wife. It has been a life saver! She listens to your tapes everyday. Shes read everything you sent and will call you at some point. I also have really benifited from these tapes and information. We never knew what was wrong when he was little but, he has always had trouble in school, with behavior, etc. I wish I had someone to help me with this when he was little and he wouldn't have had to suffer all his life like he has. Your information is the ONLY support that has been a healthy, common sense approach to this very heartbreaking disease. His wife has gotten her feet under her and is taking control , as much as she can , and it is definatly helping. We can't thank you enough, and surely appreciate all your hard work for the sake of others. I could write a book on our esperiences but, it would read much like yours and your mothers. Keep on keepin on Dave, don't look back...I highly recommend Daves information on Bipolar. Its the only step by step comprehensive info on how to support a loved one who has this disease that we have found. We are SO grateful.

-Jean, AZ

It has i have done so much better with this. And anyone who thinks this is a waste that's their problem they don't want to change, and that shouldn't slow you down. So you help the people who want to change.

-Jessica E.

It has helped me come to terms with my 11-year-old's illness...I would, indeed [recommend this information]. Please keep the emails coming to me and to the many others who have come to depend on them as a reliable source of information. And Thank You for all your work.

-Kathy J.

I think that the information is good, but most of it is for people who deal with family members. I have bipolar and I would like to see more about what a person goes through and help with us(the people) who have to deal with it first hand. Keep them coming thank you.

-Cindy B.

the thing is my son,josh, is being diagnosed with b.p and i am not sure its the right one yet.i do appreciate you taking your time to send me,a total stranger,any info. that might help him though. there is not too many people willing to do that for free... Thank you...if there is a chance at all that the info.given could possibly help to understand the problems our relatives are having then its definetly worth looking at.

-Vicki B.

dear david, not only do i love your emails but i love more how you personalize them. i am bipolar and i really count on your emails, your blog thingy, im even a regular on one of the links you had on one of your sites. it has helped me in my worst days and been there in my good days. your material is also very helpful and i share the information i read with other people i know that suffer from a mental illness. i do wonder how you do it, it does seem like a lot of work. but if one voice counts then count mine because its encouraging to know that you even care...im trying to help a lady start up a support group for people with a mental illness and because i have some knowledge and tools from my previous jobs in human services i have a lot to offer her. i also share the information ive learned through your emails and links. one in particular that really helped me out was the one you had on ect. my dr wants to try the electric shock therapy or whatever on me but my therapist says im too young. i pulled an article from one of your emails, i havent been able to find much else on it as far as case studies and stuff but your information is relevent and current...

-Jacquie B.

The Bi-polar information from David Oliver & The Leverage Team is very supportative and informative. It gives me help and hope for a future, thank you for your work and help...I would highly reccomend the information on bi-polar to those people that have it or encounter it in their lives.

-Dawn, United Kingdom

your email has confirmed what i have started doing is correct. i take care of all the bills and know all the doctor info and my husband knows what his brother is doing almost everyday. i know alot about ssi and medigap and medicare. it has made my life easier after many dunning notices etc. we are now working on prescription help from the county. i know your doing a good thing. keep it up!!

-Cheryl R.

Recently, I was involved in a serious motor vehicle accident... a result of extreme distress and preoccupation with my husband's increasingly frequent "episodes". Just a month or so ago, I browsed the NET for more insight into Bipolar and its insidious ripple effect and here I am. Not that I saw the 'white light' and had instant revelation—but almost! The only solution for my entrapment is that which I have suspected and others have been telling me for nearly 18 years and that is to get on with my own life and be a 'normal person' again. The fabric of my happy life eroded so gradually, I didn't see the friendships dissolve and realize that I was losing me. (Not to mention all the assets I had built up before this disasterous second marriage.) You help with my decision with your insight, David. Incidentally, our family doc advised that my only option was to 'get used to being my husband's care giver', despite the cost. [to others:] I would encourage others to glean all that you can by simply reading and learning from other's experience with Bipolar. Lighten up and take heart in the fact that there are others out there who feel just as alienated and lonely dealing with the disease as you do. Sometimes, it is difficult to separate sincerety from bullshit, but when you hit the right source, it does help!

-Barbara, Canada

dave, i believe you helped me with my son who has bipolar. we found out about 8 weeks ago. he is an adult 23 living at home single. i leaned on every word in the middle of the night i be on the computer reading thins you sent over and over. i even called you to tell you how much you have helped and guided me. again, thank you...i have told my cousin about you. she has bipolar and her youngest daughter. i sent materal to her.i believe she joined your fan club you do a wonderful service to people. thank you.

-Joanne, PA

hi Dave, just wanted to say i find your articles very helpful.Please dont give up...I found articles on Bipolar disorder very helpful.also would like to say thanks Dave keep up the good work.

-Jean H.

As an individual who suffers with bipolar disorder, I have found the informative not for me but my husband. My son inlaw has been diagnosed with severe depression, and again, some of this information was passed on to him. I have enjoyed your articles, appreciate the work, and applaud the willingness to help others who experience the ramifications of a mental illness long misunderstood

–Sandra Y.

It has been very valuable to me in understanding the behavior of someone close to me, but whose moods and responses to me are “all over the map.” Also, the health/medical aspects of your material have broadened my knowledge of how the disorder (I hate to call it an “illness”) is being successfully treated...I have already presented some of your information on bipolar disorder to the friend mentioned above, but have not yet talked to him to find out his reaction. He is in a lot of denial about his problems with bpd. I certainly intend to share the material in the “master course” with anyone I believe needs it.

–Jacqueline S.

Dave, your info is helping those who want your help and the loved ones of those who don't...Keep it up Dave! You're doing a great job. I enjoy reading all you have to say even after 15 years of bi/polar remission...Just the other day I forwarded your info to a family member who has a daughter that just got help for bi/polar.

–Marilyn, AL

Both my husband and I are bipolar. Information is hard to come by. You provide many resources to look up and also your courses. I am getting the mini course right now because I can't afford the more complete one, but still it helps me deal with my own recently diagnosed bipolar and how to help my husband. Please don't stop your website. We all need your information you give desperately. You have found information we could not have found on our own. Keep up the good work and know that you ARE helping others...I would recommend your information to others. I have bipolar on both sides of my family and so does my husband, some newly diagnosed, some in denial, but none making the progress my husband and I are both, we are both bipolar (now THAT's a challenge, ha). Some bipolars and family members don't know where to look for help. Your website provides MUCH information and resources. I would highly recommend this to anyone who has bipolar or a loved one with bipolar.

–Sharon, OH

I have found a lot of information from your course and e-mails. I have a son who is ADHD, ODD, and Bi-Polar, it has been very difficult trying to understand his moods and what he is going through. So thank you for the information and look forward to seeing more...If I knew of someone who needed the information I would for sure recommend them to you.

–S.M., MO

It has helped me to understand it a little better. My boyfriend has bipolar and it is really difficult to talk to him about it. He gets really defensive and doesn't think he has a problem when he is having an episode. That's when I need the help, is to know what to do when he's in an episode. Reading your info has helped somewhat...I would definitely recommend your info to others.

-Stephanie, CO

FOR ANYONE TO SAY THAT TRYING TO UNDERSTAND BI-PLAR IS A WASTE OF TIME REALLY IS UPSETTING! ITS A HARD WAY TO LIVE! [to others:] I THINK YOU CAN NEVER LEARN ENOUGH ABOUT COPEING WITH BI-POLAR.ITS A HARD LIFE WHETHER U HAVE IT OR IF UR RELATED TO SOMEONE WHO HAS IT.AND FOR A BI-POLAR PERSON TO FEEL LIKE THERES NO-ONE THERE TO TALK TO COULD BE DEADLY.

-Kathleen, OH

Hi my name is Melissa i am 17 and have a friend of the same age. i was unsure wheather my friend has bipolar disorder or not. I perscribed to get your emails just to see if they would help. Well my friend doesn't have bipolar. But your emails did help in an amazing way. God taught me that there are people out there who truly do care for others, this was a great encouragement at a tuff time... i can tell you, keep doing what you're doing because it's changing lives. Never give up.

-Melissa F.

Your material saved me. You provided a free venue to educate my mind. You gave me the resources that allowed me to figure out that I was not going crazy. What I was feeling and experencing was to be expected. There was hope for my spouse who has bipolar disorder and there were others like me. I was not alone...I have already recommended YOU and the wonderful, concise and beneficial information you so dillegently and thanklessly provide.

-Lance H.

I JUST STARTED GETTING THESE AS MY SON WAS DIAGNOSED WITH BIPOLAR. i HAVE ENJOYED THE INFORMATIOPN. i APPRECIATE ALL THE INFORMNATION. THANKS FOR EVERYTHING.

-Julie F.

David, I can't speak for everyone but I enjoy your emails. Your story about your mother and what you are doing for her is encouraging...Your heart seems to be in the right place when you send your messages, and just the knowledge that there are others who are either experiencing this disorder personally or experiencing the disorder because of a loved one permits us to know that we are not alone...I would an I have [recommended this information].

-Janet P.

SOMETIMES WE DON'T WANT TO ADMIT THAT WE HAVE A DISORDER AND BY GETTING E MAILS EVERYDAY IS A CONSTANT REMINDER. TO TELL YOU THE TRUTH IT IRKS ME SOMETIMES WITH ALL THE E MAILS I GET BUT I MAKE MYSELF READ THEM BECAUSE THEY ARE ALWAYS HELPFUL

-Michele, Canada

...It has taught me a few things that i didn't know about my disorder and now I have questions for my doctor that i didn't know how to express before because of what you have written so thanks!

-Leah, PA

I just want to say that it has been greatly appreciated to receive your information. I believe that my beloved daughter-in-law may be bi-polar, altho undiagnosed, she seems to fit alot of the critiera It was your information that that helps me to at least understand her mood swings...I have talked about your course (info) with several people, always being very possitive in my comments.

-Christa M.

Dave, I have recently been diagnosed as bipolar 1, I have found your information very helpful and very useful. I have recommended your site to my family members, in hopes that they can understand it better themselves...Thank You Keep up the GOOD work. I believe you are helping many...

-Michelle, WI

FOR ONE THING IT HELP ME UNDERSTAND IT MORE AND ALSO HELP ME WITH MY THESIS PAPER I LOVE READING UR ARTICLES THANKS SO MUCH. [to others:] HEY THERE IS A GREAT SITE WHERE THIS GUYS MOTHER HAS BIPOLAR AND BY DEALING WITH HER AND LEARNING WHAT HE HAS DAVID HAS NOW GOT AND WEB SITE GOING WHERE HE SEND TONS OF INFORMATION ON BIPOLAR IT HAS REALLY HELP ME .

-Robin C.

I have not been doing well and so I have only done some reading but I very much appreciate all the work you have done and passed along to me. I have not had a clear diagnosis yet, but it seems I am BPII most likely. That would explain a lot of things from my past...Thanks again for all your information David and keep up the great work...Yes I would [recommend this information], as it covers many topics.

-Dana, Canada

It has just made me more aware of the disorder and the problems associated...The fourteen part series has been the most helpful and I would recommend that...

-Joy G.

...Anytime that a person takes the time to help other people is a plus in this world we live in today. There are not enough ppl like you David...I am bi-polar as is my neice and possibly my sister. All that you have sent to me in my emails; what I can use/ I use. What doesn't apply. I just let go. Keep on Keeping on.....Cheer and many thanks for the unshelphish time and input that you give to us all. Lots of luck [to others:] David is a down to earth guy who is doing the best he can getting and giving as much information as he can to people who either know someone or they are bi-polar. He is very informative.

-CLM, TN

The information on Bipolar it's self is very good... It has helped me understand the condishion...I would still do what you are doing because if it helps just 1 person then all your work has paid off.

-Rosanne L.

My son was diagnosed with bipolar in the last 5 months. It has been encouraging to me to know that there are other people out there. I need resourses and people to survive without feeling completely lost and powerless. I thank you. Yours is one of the first places that I found that was a help to our family.

-Joy B.

I found the material to be helpful. However, I wished I could start over with your course so I can print(why I did not I don't know)out the information to help me explain to my family and friends about biplor. I am on part 6...I will tell my Bipolar friends about this site at the next support group.

-Tish P.

it is very informative and shows professional quality,keep it up...i recommend this website to anyone

-Tom C.

My daughter was diagnosed as bipolar 1 about 2 months ago and when that happened I was lost. I really didn't know what bipolar disorder was all about. The information that I have gotten from David has helped me to be able to ask the doctor and the hospital personnel the right questions so that my daughter is getting the treatment she needs...I would recommend David's information to anyone who has bipolar disorder or anyone who is their support system. It really is a great wealth of information that you need to get through this trying time that is ahead of you.

-Roxanne G.

I am a health care worker.you information has given me new insight, so if you can help one person please continue...

-Bernice, USA

I feel the material that i have received has given me insight into things i had not known before...i would definitely recommend your info to others

-Cheryl, USA

We are new to this Bipolar Disorder having just had our son diagnosed with it. Your information has been helpful in helping us understand more about the disorder, in addition to assuring us that there are millions of people suffering from this disorder who are leading relatively ordinary lives...If the opportunity arose I would recommend your information to others.

-Tom, CO

It's helped me because I am going through a difficult time right now. It has offered me some answers and a way to cope.

-Susan S.

Yes, it has provided me with useful information on a topic I had limited knowledge of...I would recommend your information to others as it is easy to understand and you obviously care enough to spend an enormous amount of time emailing it to those who are interested

-Tracey, Australia

Well I'm glad there is someone out there who understand what it is to deal with people like myself. I believe it does not only help us but helps you in a way also. I was a mom of young children when I was diagnose with Bi-Polar II, I know what I put my family thru and I wish you were then...Good Luck and Good Job, keep it up. Thanks!!!!

-Alice, MI

Helped me with a better understanding of people with this disorder.

-Joe F.

Very much so!...I am the one with Bi-polar and I have used the info as a bridge to communicating with my Mom..she is really attempting to understand my situation...better late than never...but your efforts are very much appreciated...I always check out the "...news" & other issues you share...thanks again for all your hard work...yes..as I said before...your work is great and I pain to send your info to a friend.

-Dee G.

I really appreciate the information you are sending out... [to others:] Try out the sight and see for yourself...

-Linda, Canada

Yes, your articles are well worth your effort. My daughter now has an appointment with Social Security, the county office that she lives in, has gotten an interview for a program that may help her for 18 months with her rent and monthly living costs, and even though she is anxious about how all of this is pulling together, she seems happier. That is a big plus. Thank you.

-Susie L.

Dear David, I am a very busy mother of three, one of my children is bi-polar and he has rapid cycling bi-polar. Your information is great for my family and I have learned alot with what little I've been able to read. Keep up the good work and Thank you for all the time you put into the e-mails. They do make a difference!

-Kelly, UT

Being a bipolar survivor myself, living in Australia, my information on the disorder was very sketchy. Surfing the web I came across David's offer of an email newsletter, giving me information about bipolarism. It has helped me to understand myself and my condition. Thankyou David. For the succinct and helpful information I have received from you.

-Angie, Australia

Your news letter are really helping me with my son's problems. My son is 33 years old and found out he was bipolar at age 27 after his wife left him for a 18 year old boy. I had no idea how to handle his behavior until I started reading some of the things that you send me. It really helps to know that there's someone out there that understands and care enough to send all of this information for free. Thank you and May God Bless you in your work

-Linda J.

First of all "SUPPORT" for one is the foundation you ! have provided. and....change is a hard thing for anyone to go through. you have provided the tools for us to use and its up to us to do with it as we choose! how has the material helped? by making me feel that im not alone that its not a hidden epidemic its a behavioral disorder or whatever medical term you want to use. I want to thank you for all of your efforts and the time you do take in e-mailing us, i have been in the medical field for 15 years and i know your not bullshitting okay!!! so for what its worth THANK you and i realize now that my tears do mean something. THANK YOU!!!

-Adriene

Dear David;

I have loved one man now for 26 years, and could never figure out his hurtful unpredictable actions. Your information has enlightened me tremendously. I especially have stopped feeling like his responses to me are based on something I have said or done. It is positively impacting our relationship.. Before I came across your website, I knew very little about the bipolar condition. Please continue helping others.

-Beth N.

Several people that are close to me have BiPolar Disorder. It is a very frustrating process to get helpful information. I am concerned that so much is repeated over and over again until it becomes a needle in the haystack deal to pull new or practical information from anywhere.

-Ken, NY

I come from a family of six...my father, brother and little sister are all bi polar. I have understood most of my life how they act and why they act out, but sometimes it is hard to explain to others what you know and understand from having lived with this disease for so many years. Your site does so much to crystalize the internal thoughts and help to express to others what this disease is about. I read every line, every time...

I have recommended the site to my sister and she and I talk about every new piece of information we receive. It is so comforting to know there are others out there who understand.

-Cathryn, CA

I must say that your info has helped me and my ex boyfriend. He does not want to be with me anymore due to my mood swings. I am no longer able to contact him or i will go to jail. However like a month after breaking up, I found your site and i thought I would anonymously send you his address so he could at least read up on it. I found out later that he had indeed been reading them when asked why do u read them if you dont care for her anymore he replied i wanted to understand the situation. I guess he had never wanted to take the time to look it up becuase he was really upset with me,so by him getting those sent to his emial address he began to educate himself. Thank you very much...

-Jody W.

I have suffered with this illness since i was 4 years old and I am now 30, I have only had a name for my illness since May of 2003 and since then i have tried to get all the knowledge that I could find about this disorder. When I found your newsletter I was grateful for coming across it when i did,i really appreciate it. Thank you!

-Kimberly, NY

I enjoy your articles and do find them useful at times.

-Dawn B.

Your material on this topic has been more than I expected. For you are devoted to your helping others, that even a doctor or specialist would give. These specialist say, "here's a prescription and follow the instructions". In the prescription panfelet, the following always appear if you have the following symptoms, get in touch with your doctor or go to the hospital. Please Dave to people like me and others whom you devote so much time with your mini series and your blog you have set up just a few weeks ago. Please continue with success... A person like Dave that found out after several years of Doctors and Hospitals with his Mom deserves to give the public all he can give. "Amen" to you Dave.

-Linda, Canada

My 36 year old son, whom I have suspected was bipolar for a long time, was recently diagnosed as bipolar. Many of the things I found on your website helped me to convince him to seek help... I feel that your information is very thorough and important. I feel that anyone who is looking for information regarding this awful illness could find help through your website.

-P.W.M.

I have a child with bipolar. He is a complicated case and hard to treat. We have yet to reach any stability with him. When I signed up for the newsletters, I was looking for anything that might help us in his treatment. We are starting a new support group in our area and I have used some of the articles to share with other parents like myself. I am very pleased with what articles are sent to me and if they are not for me I save them because they may help someone else. Like Dave says when you first sign up not all the info may be for you but it may help some you know dealing with bipolar. No information anyone offers you is stupid... I have recommended your sight to anyone who needs information.

-DeAnna, IN

Dear David,

I have found out a lot of information since I have been getting your email's. I actually look forward to reading them. My son is seven years old and I'm trying my best to get him the right help. His Dad and I are divorced and his dDad seems to think there really isn't a problem. I feel my son is maniac bipolar and I'm trying to hang in there... I myself enjoy your email's and hope that you would continue. I feel I'm not alone when I read the information you send. So good luck and again thanks so much.

-Sara S.

Dear David: The contents of your e-mails have been very informative and helpful to me. Keep up the good work!

-Michael, PA

Your information on bipolar has helped my husband to be more sensitive to my disorder. When people understand symptoms and treatment of disorders it helps them to be more patient and tolerant of mood changes etc. Understanding is half the battle when dealing with any illness...I would highly recommend your information because my husband and I didn't get lost in medical jargon. It spoke to us in words a lay person can understand and isn't helping people understand this disorder so they can have a better quality of life why you are in business? Thank you so much for your help...

-Elizabeth, NY

It is very helpful. It has helped me cope with a lot of stuff. I have become a better person from it. You have taught me a lot. Thank you...helpful, rewarding, and interesting

-Chelsea, TN

It has helped me become more informed without digging for answers. Consequently, I feel like I can help manage my daughters Bipolar Disorder much more effectively...I find it hard to explain to caring family members. If they are really interested, they can read about it, too.

-Cori, CA

I think the information is informative and I would also say supportive. When you are having just one of those days hearing about others really helps. It helps to know that you are not alone...Honestly if someone had asked me if I know of a good source I would tell them...

-April S.

Hi Dave,

I think your info on bipolar has brought awareness to all those who suffer from it, and that is the first step to cure, I believe.

-Mariam, United Arab Emirates

Ok first I asked for the mini course to judge your info. I am a person with Bipolar and have not only a support system but people that turn to me and my Husband for help/info with other people with the disorder. The course makes very good attempt to use basic terms for what we go through in general and does stress the need for help in all the areas. I have been pleased with the main parts...

-Danyelle, CA

I have felt that the news letters I have gotten, and read have helped me understand things that otherwise I would of not thought of. Please do not give up!

-Jackie R.

I read all of your information. I have a dear friend that is bipolar and your information helps me understand him better. He is on lithium, has been for years, and is controlled very well. There are still times when I can detect a slight manic or depressive mood. I don't panic as much as I once did because of some of the articles I have read. I do feel you are doing a great service...I don't panic as much as I once did because of some of the articles I have read. I do feel you are doing a great service.

-D.L.B.

I was unaware of bi-polar until I read about your experience with it. It is very informative and has lots of good material on the subject...Keep up the good work - there are too many of us out here who are learning a lot from what you have to say...I highly recommend your info on Bipolar to anyone who is really interested in learning more about it.

-Suzanne J.

David, I have tremendously benefited from your material. I have a 16yr. old misdiagnosed with Bipolar and just recently a 17yr. old diagnosed with Bipolar w/ psychotic features. That is why when I seen you advertisement, I replied... the letters and info I have recieved have been greatly beneficial. Thank you for putting all your time and effort into helping others.

-Judi W.

David, Your information is very helpful. I have attempted to contact you before about an affiliate program. I own Health Management Partners, Inc. We are a provider of Employee Assistance Programs (EAPs) in Louisiana. I send out a newsletter to my covered employees and family members and can promo your product...What I find most valuable about your information is the "real world" practical tips. In my work, we have dozens of mental health specialists on call, but they cannot provide this insight from the "other side".

-Lisa, LA

I have a friend I called my other son for over 20 years living in my home. He was in terrible shape when he came to me because of meds problems, etc. He has been able to get established on new meds and has been able to make a lot of progress. A lot of what I am able to tell him came from your sites. You can only present what you have learned and it is up to others to read and digest and hopefully use to change their lives. [to others:] David presents many facts that are not available elsewhere. i have spent days researching and still do not find all that he offers.

-Flora L.

It has helped me deal with my bipolar systems much better...Yes, I would [recommend this information] it has been helpful to me & I am sure it would help others.

-Katherine, CA

Just reading and learning is so very important to anyone suffering from this illness. It has helped me feel "not quite so alone"... Please do not stop sharing with us. I, for one, really appreciate you and the time and work you put into this. God Bless You...

-Barbie W.

We are new to this Bipolar Disorder having just had our son diagnosed with it. Your information has been helpful in helping us understand more about the disorder, in addition to assuring us that there are millions of people suffering from this disorder who are leading relatively ordinary lives...If the opportunity arose I would recommend your information to others.

-Tom L.

i was the one that found your info, and i send it on to my daughter to read. I know that she has commented on some of it, so i do feel it helps her, and if i get a chance to glean over it, it helps me to understand her...Knowledge is power...any experiences one can relay to another can only help...

-Kathleen, NY

i think of your information as a way to learn more about bipolar and what makes me tick with having it and why it happens to me. I have learnt a lot about who and where i am. what makes me and cause me to be the way i am...i did tell the people about this group in my group treatment when i was going.

-Jackie F.

Oh my gosh - I was recently dx with BD in March. I had no clue about the illness until I just typed it into the search engine and found your website. I read a little and then signed up for the free newsletter. IT HAS BEEN A TREMENDOUS HELP. I'm creating a "journal" for my family and friends. I copy bits and pieces from different articles on certain aspects of what I feel has to do with me. Once I'm done, I will print it out and share it with people I care about. Hopefully, it will give them a better insight of exactly what I'm currently going thru and what I've been going thru. (For a while - I wondered why my mind was 'racing' and why I was always sad, crying and severely disorganized)...If I was made aware of anyone having recently been dx with Bipolar Disorder -the first thing I would do is recommend your site and your mini course. It has helped me in ways I could never have imagined.

-Carol, OH

I enjoy all you write about bipolar as my grandson age14 now. He really has trouble in school.

-Joyce S.

My story would not cause news headlines but still, I too have Bipolar Disorder...your material does help, I enjoy receiving your many emails, being able to access information and also knowing there are others like me out there. One pity of it, I am in Australia and you in America!

-Kath, Australia

well i dont have bipolar but i suspected a friend did... so i signed up to find out all i could about it, turns out i was right and he does have it, things are looking up now because he has decided to seek medical attention.. so thank you!!...allot of people just think they are depressed, now they can actually try and get help when they find out if they have bipolar or not

-Michelle D.

yes it has. Ypu are doing a great service for a lot of people who can't afford it

-Mary, NM

...You are doing a great job it is amazing how hard you are working to help others... I'm very worry for my relative and I would like to bring him to talk with an expert, but he does not accept he has this problem. I'm praying to God for him and I will do it for you too..you are doing an excelent job. God bless you...I would recommend your information on Bipolar to others.

-Anaya, FL

Dave, please keep on sending the e-mails. It is realy helping me understand my dearest who has seasonal bipolar.

-Philippa

Thank you for all of the material! it has been most helpful with some of the people that i work with...

-Austin D.

I have a boyfriend who has a mild case of bipolar it's helped me understand him.

-Serra, Australia

It has helped me to understand and deal with the issues my wife is experiencing.It has been very helpful...I would definately recomend your information to others.I have recomended it to several people already.

-Steve, CO

It has given me information that is up-to-date that I didn't know about...I would recommend this to anyone who has Bipolar or knows a close friend or family member. The information you receive helps you understand this disorder so much better.

-Sarah, WI

Dave...I also took your advice and although I am really busy with school I save your emails and read them when I can get a few minutes to go to the links. At this time I have read a few and have found them helpful. Keep up the good work and keep your chin up!...I have actually recommended you to my sister in law that is having trouble with her 15 year old son that has been diagnosed with manic depression.

-Wendy S.

I appreciate all the help you have supplied me or information I should say. It has helped me personally. I feel I better understand why I do some of the things I do. Please do not stop your effort is paying off...You can never know too much about this strange illness. Every thing you learn is healing.

-Allison, TX

So Far your material has helped me quiet a bit I've gotten alot of insight by reading your e-mails.

-Sylvia M.

Most of the info I have Been thru but, You have Helped me Find other info I was not aware of SO, Keep up the Work It is HELPFULL. Maybe some of it is OLD NEWS Sometimes But, How would we know if we do not look at it. You do not know what Everyones been into or out of so Keep it up THANKYOU, BOB & KAT

-Robert & Katheleen, CA

I honestly have not read every email, yet. Oh, I intend to. I have a folder just for your emails. Problem for me is that I am the one with bipolar disorder and I haven't been doing too well. I was in the hospital, psych unit, earlier this month... Please don't stop what you are doing. Even when I am unable to read your emails, I am still comforted. I am not alone...Bipolar disorder can be an ever changing roller coaster for all. Whether being the individual or the support members (family, friend, case manager, etc.) of an individual with bipolar disorder information is power. Your emails provide information, comfort and understanding. The more people understand, the better for all involved.

-Angel, CA

It has given me valuable information on bipolar. I am better able to support my daughter with the information I have received so far...AT a support group meeting I recommended you to the group.

-Christine, NJ

Thanks for the information you have provided. I don't always have time to read more than a few chosen articles but what I pick up is of value. After the weekend I am going to call the CME who is providing a televised course for health professionals, which I gleaned from your website information...I wish my daughter who is the first diagnosed case in our family of bipolar disorder was able to receive your internet information; but alas she cannot afford it at this time. But I will print up what info I receive and give it to her. (She a grown woman diagnosed in her late 30's a few years ago after an attempted suicide.)

-Sally, OH

You are doing a splendid job in telling people about bipolar and its devastating effects it can have on families. You have increased my understanding of the illness and I wish you all success and please carry on - we need more like you - only someone who has experienced this illness either first hand or as a relative or friend can understand another person's pain and bewilderment. Thanks so much,...Yes I would [recommend this information].

-Valerie, England

My Husband (?) has been diagnosed with Bi-polar disease. You have helped me to understand that the "emotional roller coaster ride" he has had me on for the last 10+ years was not my fault...I no longer live with him, but I do support his struggles with this disease and plan on being a friend to him. [to others:] I recommend this site for spouses, friends, and relatives, to better understand that it is a disease, not a condition. It can't be willed away, it has to have prescribed treatment to be controlled.

-Judi T.

I myself don't actually have bipolar disorder but we think that my wife very well may. She is going through the testing process now. Although we do not live in the USA, and some of the information presented does not apply the majority of it does. Your emails are informative, interesting and valuable reading...Your information gives me one easy area to go to when I want to find out what is out there and what it does. I'm fully aware of the dangers of diagnosing from the web, but your emails give me starting points to ask questions that I would not have thought of otherwise. You have a story to tell, and the right to tell it. You have been there and worked through to the other side...Please don't give up on those of us who do want to listen to you.

-George, New Zealand

It has helped us understand things we did not understand before.

-Marja, Norway

Hi Dave,

I personally have appreciated your information...please keep sending your information. Think about it, even if we get just one important thing from it, then it was worth a pot of gold... Have yourself a nice day, and thank you again for your research and caring...god bless...I have been sharing some of your information with family.

-Pamela Jean

the free mini course hasnt helped me much... though I have to say i look forward to each new email about bipolar updates...THOSE REALLY help!...i asked my father to read your mini course.... that says a lot since i never ask my dad anything... especially since he divorced my poor mother for being bipolar herself and refusing treatment...

-Natalie, Canada

Everyone's situation with bipolarism is different. My best friend is bipolar. And while not all of the information you send is applicable to his situation...some of it is. Every little bit of new information is helpful to those we care and love. Just knowing there is help out there or other knowledge about this horrible disorder is very beneficial...Every little bit of new information on coping with this disorder is very valuable.

-Lynn, MI

Dave, I just recently started getting material from you on the web. (around a month ago) Any person who is bipolar or has a loved one with bipolar would most definitely LOVE all the exceptional information you have provided us. I know for a fact that this information is very hard to get, especially from someone who really don't have the time to do this but is doing this out of love. (from my perception) Dave you are such a caring person...I appreciate you and look forward to your Bipolar information everyday. YES I am bipolar, [to others:] I recommend Dave's information to anyone who is willing to try to fully understand what it is like to be Bipolar. I have suffered with it for many years and am now currently functioning very well. My husband, kids and parents know what symptoms to watch for. I grew up with a Mother with Bipolar and it is true that nobody talks about "it". It is so much healthier to KNOW what is going on and educated yourself as much as possible in order to be healthy. Please know that Dave has been a blessing in my life. I appreciate all the hard work he has done and pray for God to Bless and help him to continue the work that is needed here in America.

-Marla, TN

yes the info has helped it helps me and gather more info on my self and attempting to help educate me and those around me (or should I say those who are annoyed - because of there lack of understanding) thank you for what you do - it is nice to have a resource at one place to get the latest information verses going here and there gathering the same information and nothing new

-Diane, IL

It has given me a lot of useful information in one location. It is nice to get advice & tools from another person like myself... I appreciate you taking the time to provide the information you do...I think your information is valuable, and anyone that has bipolar or even another with another mental health issue can find some valuable information.

-Darcy, TX

I got married in April this year, and my husband is bipolar. We was married a month when he had his 1st bipolar episode, and I did not know what to really expect from it. I looked every where to find information about bipolar. I have to say that you did help me, because the information you sent me helped me to understand my husband more, and know that its nothing he can help. I felt so lost when the episode happened because it was the first time he had one with me, and it scared me. I mean really scared me. I was thinking he did not care about me, and after the episode was over I understood that he does love me, and it's a part of him that he can not do anything about. It was hard seeing him go throught that, but I was glad to be here for him. So yes you helped me...Yes, I recommend your information to others because I think it is very informed, and it can help if you will really read, and research the information.

-Donna, MS

...I appreciate the information! I have a husband who is no help to me, and has no interest in learning anything about bi-polar disorder and the things he can do to support me, so your newsletters, blogs, and anyother information that you send is of great use to me, because I have to find ways to support myself! ...you really are helping those of us who need it!

-Krista, OH

Plaese keep your articles coming. I dont always get to read them straight away but print them out and read them over a weekend. I have recent been in hospital again for 10 days dealing with bipolar once again. i find it difficult and find relationships hard...The circle of friends i hang around with think there are no such things as bipolar - they cannot accept it which makes it hard for me. they keep telling me to "snap out of it"

-Jacqui, South Africa

I have greatly benefited from the information that you have sent via e-mail. I am currently going through the diagnosis of bi-polar myself.

-C/Cella

My girlfriend is bipolar type II. Your emails have helped me deal with her disease

-John W.

I have learned a lot about bipolar disorder and I know what to look for now. I think it has been VERY helpful the free information. I had that my son was bipolar but I am not sure now....but I am still reading the info to see what happens. I know you don't get over that quickly. Hopefully he stays like he is now. Thanks,...Yes, I would [recommend this information]. In fact I have two copies that I am going to bring to my friend's when I see them. I want to help others too. Thanks for the information.

-Darlene, CA

Dear Dave,

I love the information you send me. Keep on writing Dave... Thanks Dave!...I send these pages to my friend that has bi-polar. They find your articals very interesting.

-Beth, NC

Dear David,

If you didn't help me, I would unsubscribe. Keep up the good work, David, you're helping!! [to others:] If you are Bipolar, or if you care for or about a person who is Bipolar, please check out David's web site. He has spent years gathering information that is very hard to come by trying to help his mother and it shows lots of love and compassion for him to do this. We are fortunate that he now shares this wealth of information with those who also need help and he keeps on learning and sharing. Give it a try. What have you got to lose?

-Carol E.

Hi Dave, I have only been getting your newsletter a short time, but, it has been a tremenous support to me, to learn more about Bipolar Disorder after finding out my new husband suffers from this. I was at my wits end, but, yours was one of the sites I found, that has given me a little bit of direction. Thank you for what you do...appreciate all the help I find. Thanks for doing this!...Yes, I definitely would recommend the information to anyone else who needed it.

-Patsy

I have not been diagnosed as bipolar but a friend was and I was interested in what it was all about. I have gotten the gist of the disorder...I think your site is very good and must be helpful to those suffering from Bipolar—in my instance this is not the case—I did suggest it to my friend...

–Deanne, South Africa

I am using this information to help my daughter who has become involved with a person with bipolar. A large amount of the info you are providing is helpful.

–Frank H.

I got into a relationship not having a clue about what bi-polar really is. I had heard about manic depressive before and thought it was something I could help my partner control. Just knowing that there is a reason why my partner acts the way he does toward himself and me makes the situation so much easier to cope with. I love him too much to give up on him. Thank you. I read every bit of mail that you send...I would definitely recommend you to anyone who needed help. I may not be able to afford the course but your general letters are so helpful as well.

–Valerie, Canada

Your information is usefull. My son is bipolar and I have done a lot of research on the subject . Your newsletter has not shown me anything new, but it would have been great to know at the begining of this ordeal. Also for the first time my son has become interested in the illness that afflicts him so I have been sending the information to him as it arrives. He has been following along and for the first time that I know of was able to “know” that he was having an episode and the growing paranoia may be due to a change in his antidepressant script. So he saw mental health and was able to have the script reduced. This is amazing as he never “knew” before or cared that he was becoming more manic and was never then in a position to help himself. So even if in my case the information is simplistic, to him it isnt. So yes it has helped.

–Mardene, CO

...I have benefited from your site and emails, it helps me to realize that others are having the same (or worse) problems that I am having. I have had difficulty accepting limitations that I have and behaviors that I have to deal with. I sometimes feel like I can't live this way and would rather be dead than to cope with a mental illness and I still have those thoughts. But seeing other people living with this and hearing their stories helps me to see that I can cope with this and that I can have a happy life with my son and husband...Thank You! [to others:] I highly recommend the information and life stories that are sent to me by David Oliver. This helps me to see that I am not alone and that there are those who want to help!

–Linda, OK

It helped me to understand the disorder better and also my child...I'm glad that there is someone out there that takes the time to help others as well as themselves. There is good people in this world after all.

-Tammy, TX

They are telling me I have Bipolar and your course has been helping me and my family out alot. I am trying to learn as much as I can about it and the way you talk about it I understand...I would recommend this information and in fact I have to my therapist. She has givin me things to read on bipolar and I have told her about your course.

-Ruth, OH

I find the information helpful. The reason I signed up for the course is to learn more about the disease. I don't know anyone who is bipolar. I was told that I was bipolar, but I can't be because it has been years since I had a so-called manic phase.

-Joseph, SC

well, most of the stuff that I have read so far, I already read somewhere else...I signed on because I thought maybe you knew something that I hadnt already heard...but I still like to read your emails, b/c they confirm for me that Im not crazy! I need the info. more than ever now b/c I am going off my meds b/c I am pregnant and am worried that Seroquel would harm the baby in some way... thanks for the information!...I would HIGHLY recommend this website and info. For people who do not know about BIPOLAR. I already forwarded most of it to my husband of whom I am separated b/c of my disorder...and ys we are trying to work this out.

-Crystal, VA

I really like to have a lot of information on BD and you are giving it to me in the way I want.Little by little. Thank you very much.

-Ana Maria, OR

hello yes it has helped.all i can say is that i wish I had this sort of information sooner.but i was not sure where to get it.your imformation is good.i thank you for takeing the time to put it all together.have a great day...yes i would [recommend this information]. it is well worth a read

-Debbie H.

Your material has been very helpful with advice and insight into the world of bipolar...Yes i would recommend your newsletter to any family suffering because of the affects of bipolar

-Allison R.

It has helped tremendously as I have been sent all these great websites where my husband & I can learn more about coping with bipolar & that he is not alone...I'd recommend it to others who would like to learn more about bipolar as it is very educational & a great coping mechanism.

-Lynda, South Africa

to be honest i best liked that i can find news on bipolar through you. your mini course did not help me until now there is still nothing new for me...i hope that you understand this. i appreciate that you put up with so much work...your web page offers a quick way in being informed what is going on in the press about bipolar and that is very important because in these ways someone can ask a doctor about new meds etc

-Andrea, Jordan

Yes, David. Your emails have helped me and my boyfriend and all those trying to lend me emotional support and rational guidance. I think your mother a lucky lady to have you so involved because of suffering with her bipolar. I've also sent for one of your informational materials and found out so much about myself that I could get honest enough to commit myself more whole-heartedly to my treatment. For one who prides herself on honesty, I found out that we bipolars are basically dishonest, mostly to ourselves. Other people usually know what we're up to during a manic, but we *think* they are clueless. It was an eye-opener that caused a paradigm shift in me...What you offer is valuable...Yes, I have passed on your website for those who need to develop understanding and compassion and know the straight scoop, and NOT from a drug company trying to push a new medication or new herbal or alternative therapy.

-Janice H.

any info we get can only help any of us. Everyone's situations are totally different and unique. that you take the time and energy to try and help other people is very admirable.

-Debbie P.

It has reassured me that I am doing the right things with my child.

-Cheryl W.

David, I appreciate your information so much, it is helping me cope and better understand my Bi-Polar daughter. I sent this info (your letters) to the Pastor of a Church where I know several Bi-Polar people attend. Also onto to my daughter in Ohio as I know she is wanting to learn more. Thank you again and God Bless your help...Having my daughter live here with us is a bit more of an expense but well worth it if we can help. Again Thank You...I highly recommend this information to others, there are far too many people that do not know about this and should.

-Marilyn, IL

help me noe more abt others as well as myself and about the illness...it doesn't harm to noe something new.

-Lene

I have found the information very helpful for myself. I now realize when my husband goes off about something, it isn't me or something I have done. I have more insight into this disease and am better able to cope. There have been times in the past that I have thought the only way to deal with the situation was to walk away, I know now there are other options. Since he has begun his psychotherapy and medications I can't get over the change. Long way from perfect but much better...I have been forwarding the information to my Son and Daughter-in-law in hopes that they can find the insight that I have. My Grandson is also Bipolar. Maybe, just Maybe they will read everything and get a better handle on coping with their son.

-Veronica, MO

Thank you, so very much...for making this wonderful information..so easy to access.....It certainly has helped he see, and understand so much more about this disorder. All I can say..is: KEEP UP THE HELPFUL WORK..because it is so appreciated, and helpful...I think the information you send, has been veryhelpful...& I would and HAVE...recommended this site to others.

-Kathy H.

Dave, This information is great. I have been working with a twenty year old female that has just been told that she is bipolar, so this is helping me to be able to help her. Her doctor is not doing much for her. He sees her for two minutes, gives her some medication and makes any other appointment(not helping). Thank you for your help...I have are ready sent your web-site address to two people, so that they can get some information and learn about how to help their daughter with her boipolor.

-Catherine, TX

It has been very helpful and I enjoyed reading the information provided.

-Michael D.

well, my boyfriend has bipolar disorder. and when he told me that i was just like "huh" cuz i didnt know what it was what-so-ever. so one day in school we were assigned a project to research a genetically passed disorder. i chose bipolar disorder because i wanted to know more about what my boyfriend has. when i was researching i came across this website, and i subscribed to the mini course on bipolar disorder. All the information i get keeps teaching me more and more about my boyfriends disorder, and ways that i can help him out. thanks alot!

-Christi B.

David, Your newsletters are not a waste. they let me know that im not the by myself...I have gave your email address to two of my daughters who also have bipolar.

-Terry, MO

HI DAVE

I MESELF DONT HAVE BIPOLAR BUT A GOOD CLOSE FRIEND OF MINE DOES. I COULD NEVER REALLY UNDERSTAND HER ACTION UNTIL I FOUND THIS INFORMATION. IT ALL STARED MAKING SENSE. I THINK I KNOW MORE ABOUT IT THEN HER AND HER MEDICATION REACTION BUT HOPE SOMEHOW I CAN HELP HER. SHE TRIED SUISE TWICE ALREADY & IT SCARES ME. TRYING TO FIGURE OUT HOW TO HELP HER WITHOUT HER GETTING UPSET. BUT I ORDERED MASTER COURSE AFTER U SAID U MIGHT QUIT THIS SO MAYBE THAT WILL GIVE ME IDEAS. I CAN SEE THIS IS ALOT OF WORK FOR YOU BUT SURE AM GLAD I FOUND THIS. BEN LOOKING FOR A WHILE BEFORE I FOUND YOUR INFORMATION...KEEP UP GOOD WORK.

-Scott H.

Dave,

I've just reached the end of an almost 3-month long very severe depression that I was afraid would land me in the hospital when the pharmaceutical company was forced to recall my antidepressant. Because of help from my doctor, doing what I learned over the years, AND READING YOUR MESSAGES, I'm finally at the end of my depression and beginning to see daylight! I'm still too tired and I wake up too early but I'm getting there.... I think you're wonderful! Even if you just help one person, that's still an awful lot. In fact, in helping that one person, you're an assistant to God himself – or whoever your higher power is and I think that's terrific...YES!!YES!!YES!! As I said above, you've helped me through a very difficult depression for which I'm very thankful. There is a new magazine out for people with Bipolar illness. It's called BP and helps people the same way you do. Maybe you'd want to consider publishing some of your stuff with them? I, for one, think you're wonderful. I've kept everything you've sent me.

-Marian, WA

It definitely has helped! It makes me feel a group of people are out there that are like me and that I'm not alone in this lifelong struggle!! The material that you send out is so right on the mark! It tells it like it really is. I just wish I had had all of this support in my earlier days of Bipolar; when I was first diagnosed, and didn't know very much then, like I do now. I hae come a long way with my disorder...I think that your information to others with this disorder, regardless of how bad, is more than helpful; it is something that they can relate to their doctors, as well as their friends, boyfriends, family, etc. "You've got a good thing going here!" "Don't Stop."

-Maurie, OK

I do like your emails. I like the links to the bipolar news. I always look at those. My husband (depakote ER) and his two sisters(lithium since 17 and seroquel for two years and through the pregnancy) are bipolar... My husband had his episode last summer after being off meds for 5 years (thought he was fine)and now is back on meds. Amazingly he is the one holding everyone together. I signed up for your "course" after finding the link on a site. I really do like your email and latest news links. I am in the medical "field". I work for a pharmaceutical company so I understand the drug part(pharmacology). You can't learn enough about this issue. We've been supporting her husband with help babysitting and talk and I have forwarded some information to him. I have been trying to talk about this issue to their family to bring it out in the open so their parents don't ignore it and for the hope that the two sisters and my husband can support each other in the future with how they are feeling and their med management. I have shown my husband the story on autoimmune thyroiditis. Their mother take levothyroxine for her thyroid. There is another brother who probably should be on meds too but he has not had an episode we know of yet. I think I just need a crash course...I have forwarded your link to my brother to help understand what is going on. It's hard for someone outside to understand why you would stay in a situation and help someone after such an abusive episode. I look at it now as just something to deal with by changing behaviors his and mine. The disease has such a stigma!! Like I said above, I have forwarded some of your information to my brother-in-law. After her first hospitalization (same time of year in 2003!!) he tried to learn as much as possible. Neither one of us understood prior to getting involved...

-Cheryl, OH

your course is helping me and my daughter .you gave me a lot of information & it helps...don't stop sending me your emails. i'm sure they must be helping alot of people. i have alot of things wrong with me so this help me alot to get information. i have enjoyed your news on bi- polar.

-Frances, VT

I am a Social Worker, so I use the information you share with me to help others. In this life, someone will always disapprove of what you do, but that does not mean you stop helping others. As long as you reach one soul, it is all worth it. Be encouraged and continue the good work. Continue it with vigor, and do not compromise. Follow your heart...I would recommend you information on Bipolar to others examining all the different prespective on this disorder available to fully understand the magnitude of the disorder, and to treat each individual that is diagnosed with this disorder to the best of our abilities, based on the information we have and are continuing learning, especially from a resource as yours.

-K.C., MI

The material you have sent me has been very helpful. I was once in the dark about bipolar disorder, since I've started reading your material daybreak has finally occurred. [to others:] If you or someone else you know has bipolar, this information that David writes is a Godsend.

-Donna, PA

I haven't learned anything new so far; but am grateful, nonetheless, to have some things previously learned confirmed by your newsletters. Will gladly risk the \$200 for your advertised program when I can. [to others:] Invaluable to anyone newly diagnosed with bipolar. Especially helpful to anyone supporting a loved one who has this disease.

-Linn, PA

The more information a person has the better equipped they are at dealing with a problem. I also send the info to my family members so it can help them understand me better. Knowledge is power, and power is control...with control you have stability and you can do anything. KEEP THE NEWSLETTERS & INFO COMING. And thank you. [to others:] If you have Bi-Polar or know someone who does there is nothing that will help you more than understanding the cause, knowing the latest on medications and treatment. I would recommend the newsletter to anyone whose life is touched by Bi-Polar.

-Katharine Lozano, TX

It has helped me to understand what kind of issues I am dealing with at home with my new spouse and that I'm not crazy, but that he is acting "normal" for an undiagnosed bipolar individual. Because of the information I have read through this site I was able to find a Dr. to see my spouse and my spouse is willing at this time to accept help and medication...it was an encouragement to find out I wasn't alone and that others felt helpless too.

-Robyn, AR

I think your info has helped me tremendously. I had a family member that had a nervous breakdown and they diagnosed her with this and I am so happy this info has been available, because sometimes I just don't know how to take her. And from reading your info it has helped me to understand more. Thanks so much...I definitely recommend your info to other people. I had another sister that had an illness and she practically lived on line with the support group sharing with others about her illness. I think sharing with others that are going through the same things as you is so much support and a life saver.

-Roberta, WI

I have learnt some thing special about your article. A number of people have been suffering quietly but with the information I got, we have started sharing a lot more...Your information is helpful. At least you have shared practical information.

-Ochwo, Uganda

I have learn about somthing I never knew which was Bipolar so for starte that was the first help from you and everything else is now understandment, thank you. [to others:] when you don't know somthing about a illness such as Bipolar Disorder or any sickness you be lost. I had never heard of it in my intill you and you do make it to were it is very helpful, thanks againe I am able to understand some one with Bipolar Disorder.

-Ernest, NJ

Hiya Dave, it has helped me undestand what bipolar is and how it affects the patients and their families...Yes i would [recommend this information]...it's very informative.

-Cindy, VA

My adult daughter is Bipolar, and reading the information that you send out has been a great help to me understanding how to deal with her. Thank you for taking the time and effort to send out these lessons [to others:] THIS NEWSLETTER IS VERY INFORMATIVE AND IS DONE IN SINCERITY WITH THE INTENT TO HELP OTHERS WHO DEAL WITH A BIPOLAR LOVED ONE.

-Katherine, NC

Yes, it has been fabulous information for me and my immediate family as I was just diagnosed in April and we are all trying to learn as mmuc h as we can!! Thankyou so much1...yes, I would recommend your site to others and will when I meet someone that has b-polar and a compu8ter!

-Barbara, NM

of course it has, it is very beenificial...keep up the good work and thank you for all the information—very good...been diagnosed with bypolar about 3 years ago, and I sent your in to others to help them to, thank you very much....

-Connie, CA

I have been reading my emails, and they just confirm other things that I have read and knew. Its very helpful. I believe someone I love has this...you are helping others...

-Heidi, USA

Hi David,

The information that you e-mail me is very helpful...the ones who are like myself really appreciate what you are doing. I was just diognosed and theinfo I get is very useful in helping understand my illness. Please don't stop what you are doing. THANKS...YES I WOULD RECOMMEND IT TO OTHERS

-Missy, LA

I have a few friends that would appreciate information on bi-polar. to help them understand their illness better than they know already

-Carla, ID

well it encourages me when i am down, if you cant see the deep end of the story then i feel you dont want to be helped, my bipolar is pretty much under control, i battle with my innder feelings but that is due to my divorce that is not settled, and me not having access to my children, so when im down or i get the time due to long hours of work i read you storys and mails and i feel that it helps me, it gives me insight and answers my questions that pops up in the back of my mind during the day. So you go boy i think your great...I feel that my brother and my father suffers from the same condition so i show them what you send me and i discuss it with my mother she researched your sight and recomended me to go on it and that is how i came about it.

-Patricia, South Africa

Keep up the great work you do...I do not have bi-polar. My adult daughter does. Your site helps me understand her better so that I can help her better. I need to know about all the resources and where i can get her help although I haven't found any long term solution for her since she doesn't have insurance. I respect your work very much. I admire you.

-Suzanne, IL

I am married to a wonderful man who has a double whammy-Post Traumatic Stress Disorder Combat Related (Vietnam Veteran) and has a diagnosis of Bi-Polar II. I myself was diagnosed with Bi-Polar(?)two years ago. Your information has been helpful even though I still am searching for more information on Bi-Polar II as I question the diagnosis concerning my husband. He just doesn't seem to "follow" in the guidelines that I can find...Yes, I have passed your site to several other people as I have found several good pieces of information and resources.

-Pam, FL

Those who know very little about Bipolar should read this information that you have provided so that they can get an introduction on this disease!!!

-Carla, OH

Dear David, your e-mails have helped me lots as I did not know what my cousin was suffering from till I came across your article about bi-polar and at last I knew what illness he had and had more understanding as I am his carer and went through hell at times.He refuses to see a doctor so I cope the best I can. THANK YOU...It has helped me and without it I would still be in the dark.

-Brenda, Scotland

The more I can learn about my disorder the more informed I'm going to be to be better to deal with my health. I've struggled all my 40 years with Bipolar and have only JUST be properly diagnosed with what's wrong with me!! Finally....now that i know, I can help MYSELF for the first time in my life!! When I feel the low coming I can force myself out of bed and get my day on the go in some form or other. When the highs hit I can force myself to calm down and take some form of control over my behaviour. For the first time in my life i have some form of control over my behaviour. Knowing what I have learned now, in just the past few months I'm better prepared for life in general. :)...Absolutely [I would recommend this information]!! I feel that any info someone can get their hands on about Bipolar is a good thing. I also feel that you have done a good thing in setting up this website and sending info that YOU feel is beneficial. It sounds to me that you truly love your mother and want something better for someone that is or has suffered from the same things that you suffered by living with someone with this disorder. I personally applaud your efforts.

-Christine, Canada

Your material on Bipolar has helped me tremendously. My boyfriend and sister are both Bipolar and so are some of my friends so your material has helped me understand them and their disorder. Please don't stop your program... It does help people...Yes, I would recommend your information to others and I have recommended in the past and will continue to recommend it in the future.

-Angie, WA

I was just diagnosed with bipolar disorder I, mixed last year. This has been a battle that I have fought since I was 8 or 9 years old. (I am now 34.) I was required by my insurance company to take a 4 week class, along with my family, on bipolar disorder. This class basically covered the highlights of the disorder. I also checked out every book I could and even bought some. I am finding though, that you can never have enough information when it comes to fighting this illness. I am really enjoying getting cutting edge information about new treatments. I am on Seroquel and the articles about this med were really helpful...I am glad to have this opportunity to thank you for all your hard work. Several times I have received articles that were helpful and wished that I could have an opportunity to thank you for sending this. I would totally recommend your articles... hank you for all your work and for your resources.

-Rebecca, CO

I am bi-polar and my own Mother was also bi-polar and I was a care giver for her...There is no quick fix and medicines take a long time to act and you can go through many before one is right for you. Thanks [to others:] For someone who is newly diagnosed or for families the amount of information is vital though sometimes overwhelming. Being informed gives you better choices and helps you to help yourself.

-Maria, LA

i have bipolar, i have shared this with my husband and it has helped him to understand me better. i appreciate your emails because i feel like they are really helping with my marriage now that my husband knows more about my problem...yes i would recommend your emails. i have even sent a few to my sister. i think it helps people recognize symptoms and helps them to better understand this mental issue a lot better.

-Mary, AK

i am only receiving news letters thru email, these keeps me updated and well informed about bipolar disorder...i believe your newsletter is a big help in understanding bipolar.

-Angel, Philippines

Hi Dave,

First I want to thank you for taking all the time and energy to produce this newsletter. Too many times, in my struggle to help my son who is diagnosed as bi-polar, I was searching for information of the quality you furnish and it is not out there, other than from you. You have answered a lot of questions about the disease, types of the disease and great detail was given into the behavior we often are confronted with from those suffering with this chemical imbalance. Any information I can get helps increase the chances of helping my son, and keeps the rest of my family also being successful with him, and themselves in addressing his issues. THANK YOU - never let anyone tell you you are not helping, you REALLY ARE [to others:] Dave has honest, real and accurate assessments and experience of those who are diagnosed with this chemical imbalance called Bi-Polar. It is through this experiences and knowledge who has been through this difficult situation, to pass onto others, so they will be more educated and able to help their loved ones, and not giving up.

-Marjorie, FL

Hi i personally do not suffer from bipolar disorder. I have always been interested in health, the body and especially the mind. I do suffer from depression at times, also i do believe someone i know may very well suffer from bipolar. What you are doing you should feel very proud of yourself. You are definitely helping so many people with your knowledge and concern its a blessing to have your newsletters not a waste of time...YES, your newsletters are extremely informative and helpful. I strongly recommend your information to all for any reason.

-Marie, Canada

I have a friend that i am subscribing for who has a bipolar disorder and also has a daughter with a more severe disorder. The info on here is helpful and if nothing else gives hope. Without that, everything would be void. So thank you for your material.

-Michelle, TX

It has helped me by having material easily accessible to myself and also to forward to my relatives for them to read and further their knowledge of the illness...Absolutely, I have sent your link to my GP in Australia so he can give it to his patients to get any on-line help they need...people like you deserve a gold medal. Don't give up what you do.

-Frankie-Lousie, Australia

Your material has helped me some, but most I have already studied prior to your course, I am very sure you are helping those who know very little about Bi-polar disease. In fact I referred a friend to your web site and she says she learned a lot. Keep up the good work, someone needs to help these people, it seems to be a very secretive disease. Thanks for all you do...I have recommended your information already, and will continue to do so every chance I get.

-Carol, IL

...What you do is inspirational and admirable. Just knowing that you care enough to help us, does our souls tremendous good. If it wasn't for you, no one would give a damn about me? You give me strength and courage every day to carry on dealing with this insane phenomenon. Don't give up the ship captain!...I like your information on bipolar disorder, because it is straight forward, simple to understand, and thorough. Yet, the information is comparable to several medical websites, which I had to struggle through to get the same information. Thank you!

-Diane, WA

It has made me understand the differences of moods and the warning signs of how they are coming along. Also it has made me realize that I am not the only person who has a loved one with this solvable problem...Yes, if anyone was to cross my path and I thought they might have Bipolar or had a loved one with Bipolar, I would definitely direct them to your sites and information.

-Beryl, South Africa

wonderful—keep up the much needed information for bi-polar. [to others:] Read what David has to say learn from it...

-Linda, FL

Your information on the bipolar disorder has helped me a great deal being as it runs in my family and both my mother and sister have it and I suspect I do also. It has helped me by showing some kind of support to know I wasn't the only person that grew up with knowing someone so close with this disorder. I now know what exactly it is and how I can help. [to others:] This website has been very helpful to me and was quite easy to find in all the mess on the internet these days. It provides quite a bit of helpful information to those who have or know someone who has this disorder. I highly recommend this website for anyone who is looking for the what's, when's, how's and why me's.

-Crystal, FL

It's helped me alot. I'm dating a person with BiPolar and your articles have given me insight on how to handle certain situations. Thank you!...Very helpful! Thank you!

-Cristalle J.

Dear David,

I have purchased several of your information packages. I am thrilled to have ordered the material. The manuals are wonderful, and the tapes are so helpful. I am so happy to have found you and that I know I have yours, and others support while dealing with the emotional, spiritual, social and financial devastation of this illness. I live with 2 active Bipolar indivs. My daughter, who is 22, and my husband. The devastation that these 2 have placed on my family is absolutely unbearable. Family members don't understand, refuse to admit that they have this disease running through their families. People yell at me constantly regarding the 2 of them. Friends offer unwanted opinions that are not based on information, but rather emotions. Never say never when it comes to the things that can and will happen if these individuals aren't treated continually. I have been given new hope since purchasing your material. What a wealth of information. I have told many about you... Finally I have 1 place to go to when I need to address the issues at hand, and with the help of your material I can organize my thoughts enough to take the step needed at the time to do what I need for my loved ones. It is a thorough, well organized, empathetic approach to help both family of people with Bipolar, as well as others that work with them. None of the places that I have been in contact with have gathered so much helpful material, including treatment centers, Drs., NAMI, County programs etc.. as your material provides [to others:] I find David's material well worth the investment. It provides not only vital information, but also reminds me that there are thousands of others out there who are struggling with this illness, and that we are not alone!! David has put together so much information which took so much time for him to even find!! Do take advantage of this opportunity!! I have been dealing with this illness almost 30 years, living with my husband who was undiagnosed until last year. The events he describes are right on. His material helps me focus on which aspect of the illness I need to be addressing at a particular time. Everything has a price. I believe that as an advocate for families and indivs. affected by this illness David has put together very helpful guides. It is well worth the investment. We are the ones who must implement the information received in the manuals, etc.. Take a chance and trust in the intention of this material. It was put together with love, and only the best intentions.

-Andrea S.

I like reading the information you send. I have a friend who has been diagnosed with Bipolar, but hasn't gone to get help yet from a psychiatrist... Yes, I think it would be helpful to others.

-Lisha V.

I have learned a lot from your information in helping me deal with my teenage daughter who has been diagnosed with bipolar. I can understand better now the signs to watch for during her cycles...I have recommend this website to another person I know who has bipolar...

-Beth, NE

Some of what I have read in your newsletter I had already read on other websites. Other information was informative and helpful. I am mainly interested in how the family members: spouse, children, etc. are supposed to react to the negative comments from the bibolar family member and deal with their manic lows when they disengage totally from the family...The more info one can learn about this disease will help with understanding it better. Too much education never hurt anyone.

-Kathy, IN

I really enjoy the bipolar newsletter. It gives me hope to know that I am not the only one in this world with this problem. I can talk to my family and friends and let them know more information about bipolar. Please keep sending me your newsletter...This newsletter helps more than anything else I have found. The information is very easy to read.

-Louise G.

I have been bipolar for 10 years and I have worked hard to keep it under control. Your e-mails keep informed of any new developments in this field. It also helps me to relize that I am not alone in this constant battle...I am bipolar and I also have a granddaughter and a grandson that is bipolar. I have recommed this course to both of my daughters. They have told me that your course has helped them, {my two daughters} to help their children. Thank you and keep the e-mail coming

-Loretta, ME

The info has helped me understand the symptoms of a manic & depressive episode & how to tell if my boyfriend is entering into one or the other. We have been together 5 years & i had never seen a manic episode like the one he recently went through. I thought he was just being a real butt head & i wanted out!. Then i found your website & starting getting your newsletters & they have helped me soooooo much to understand his actions. [to others:] I highly recommend Dave's info on Bipolar Disorders. I have learned so much about Bipolar in the few newsletters I have received thus far. This info has helped me stay with my boyfriend instead of throwing in the towel. Thank You Very Much Dave!!!!

-Norma, IN

This course is great! It has really made me understand more about myself, and why I feel the way I do sometimes. It has taught me how to control myself, and how to look upon others. This course has really made me a better person with myself and my family. Like I said at the beginning, this course is GREAT, and I really appreciate all of time David Oliver has put into this program. He has dedicated alot of his time to help others and that is awesome. Thank you! [to others:] This program has definately helped me and I am sure it has helped many others. This course is full of a tremendous amount of information that will help you understand more about bipolar. Whether you have a family member or yourself that has been diagnosed as bipolar, this is a great course to take to help you understand what it actually is. This is a great course to be active with, and if you take it seriously it will definately help you.

-Shannon C.

It has helped to understand what I have been experiencing with my sister. She has done things that just don't match with reality as most people see it. Anyway I feeling encouraged that I may be able to actually have at least a working relationship with her now. No body in our family was even aware of this thing called bipolar disorder and how it affects those afflicted with it. In fact I don't even know if my sister realizes she may have bipolar disorder... Keep going with your work. I really believe you are helping many people...Actually I have recommended your information to my parents and siblings. For us it has offered hope of at least understanding what is happening with at least one sister nad possibly one of my brothers.

-Craig, UT

It is always good to see that someone has gone through a similar situation as yourself. It is quite healing. This is probably why you do this stuff in the first place...Ironically, the more contradictory the "bad" comments are, the more that person may need your help. So the more you see the negative messages, the stronger you should feel...and the more determined...Laura left me a year ago, I miss her dearly and still love her very much. I want to be sure that people learn more about bipolar disorder and what to expect (which unfortunatley is basically anything).

-Eric, NY

Your material on Bipolar Disorder helped me a lot. It taught me a lot about it. Your articles provide a lot of information on it. As I was reading your articles on Bipolar Disorder, it showed me what it does, who it affects and what kind of side affects it has, which most of them I have, but I'm not sure if I have Bipolar Disorder, but I know for sure that I have some kind of depression, which sucks.

-Emina, MI

It has given me helpful information about the disease. I am learning what to do when an episode happens to me...It is no nonsense, helpful, important information.

-Cindi, AL

I find the information useful. At the very least, it supports what I already know about Bipolar Disorder. I stay away from reports that need monetary contributions tho because I do consult with Psychiatrists from time to time and the Net is a of unlimited information...Yes i would recommend your newsletter to anyone.

-Robbie, Philippines

Well, this is not exactly a success story, but you rinformation definitely helped me when I found out my boyfriend of three months was bipolar. I sent for your information on dating a person with bipolar disorder. Then he went into a manic phase, got really angry and prmiscuous. He never owned it as his problem and we broke up. But your material really helped me understand what was happening and helped me to not take it so personally...It's been the most humanizing information available to the general public on bipolar disorder.

-Barbara, CA

I am so glad that I purchased your course. There is alot of information that is useful for caregivers that don't know what to do. I have used the suggestions in the course on how to talk to the doctors and what I should expect from the doctors. The person who wrote to you must be frustrated with their situation. You never said it would be easy...I have recommend the information to my cousin who has a teenage son that doctors have diagnosed with A.D.D. I have shared information with her and suggested that she get another opinion. I am also a teacher for the NAMI Family to Family program and I am going to bring the information to classes for anyone to check out. Because I was there too, not knowing what to do for my son. Now I feel like I have more power in my situation because of the knowledge that I have.. Keep up the Good work it is not a waste time, but it is a GOD Send of information..

-Shirley Montano-Navitsky, CA

The emails that are sent are extremely helpful because there was lots of information that i did not understand about my disorder. it is nice to know that there are many others out there that i can relate to. i love being updated with current information about this issue...These emails are the key to understanding your self and others like you.

-Linda, GA

Of blooming course it has, very helpful...Already have told alot of people. So easy to read and not confusing, simple, understandable, easily readable.

-Debbie, New Zealand

Yes, the information is invaluable. In most instances...We bought the full course and it has helped the family enormously. "keep up the good work."...Any family with a bi-polar relative can be helped to cope utilizing your advice. The sections explaining "B-P" to others is very important. We will also be implementing some of the recommendations for solving our financial problems wrought by our daughter's manic and depressive states. She is a rapid cyler. Sometimes as often as 7 times a day!

-Lanny and Donna Corter, Albuquerque, New Mexico

Hi. My name is Christine, I am the wife of Dan (which is the one I signed up for your course). But he really never even looked at it. But I have. I am the one with bipolar. I like the information. Unfortunately I can not afford the pay advice, but I do like the free part. I do look at it and it has kept me informed. You are right though it is hard to explain bipolar to someone that doesn't have a clue, because you (meaning me) kind of don't have a clue. But from bits and pieces i am getting more informed. I for one thank you...I would [recommend this information], because you tell about your personal information also. Which i like, because it says you are real.

-Christine, SC

my son was recently diagnosed with bipolar. although I read a few articles on the internet i really enjoy getting your emails. My son is 21 and won't take his meds right now. i didn't realize people with bipolar could end up in the hospital so i was glad to read the recent emails about that subject. i feel a need for your emails right now. maybe in the future when i know more about bipolar i won't need it. please don't quit. your website is great and you are doing a great job concerning a serious condition. you are doing meaningful work. Thank you...i would recommend this website because it is easy to understand for people new to Bipolar. it is always good to read another person's experience and i like the newer info that is added periodically.

-Mary Lou Massey, MI

I try to tell people here in Gothenburg about the site - spreading the word, so to speak. Through my female friend Charlotte I heard about the IBIS association. Newly started in this town, this association is new and updated for bipolar people. They meet and takes walks in the park/dinners/barbecues etc... As Charlotte said: "If you don't like square/boring people, 'tis the place to be"

-Lars-Henrik Brattström, Sweden

hi Dave, just wanted to say i find your articles very helpful. Please dont give up. best wishes...I found articles on Bipolar disorder very helpful.also would like to say thanks Dave keep up the good work.

-Jean, United Kingdom

My nine year old son was diagnosed this year with Bipolar. My brother who was thought to "just have an eating disorder" was finally diagnosed when he was 35. Your links and material have helped us to understand that Bipolar looks different in every person who has it. The co-morbid disorders alone can be ADD, ADHD, OCD, ODD, among others...Your website and all the hard work you do saves me a lot of time in the search for information that will best help my child and brother. I am very appreciative of your efforts.

-Courtney C.

i have a friend who has been diagnosed as bipolar. I share the information with her.

-Pat, DE

It has helped me to reconize the symtoms, and I now kniw That is 1 of my many problems.. Admittung someting is wrong is the 1 st step. I now know What to have Drs. look for... Please keep sending them to me. I read them and put them in a folder. I've been quite busy latley...I would recommend your information on Bipolar to others, If somethings going on and they don't know what it is at lest read the symtoms. Don't stop

-Terra B.

i dont feel so alone...i know there are others who are going through this and you info realy helps me to have hope and to know that thiere are options...i would recomend this to others! it is verry useful info and we should all stay well informed on what is going on concerning our illness.

-Angela

Dave, I am so thankful that I found your site. I have learned so much about bipolar and understand my feelings more. I thought I was just crazy but I have read so much that sounds just like me! I thought I was the only person that had all of the different moods. It is hard to explain to someone who is not bipolar. Your site has given me support that I desperately needed. My psychiatrist has not even provided this type of support. Dont get me wrong, she is a great doctor and has been working hard to get my medications correct but I get so much valuable information from your site. Please dont stop what you are doing. I love getting your e-mails!...I highly recommend Dave's information on bipolar. I was diagnosed with bipolar about one year ago. I would search the web for information but never found anything more than just a "long definition" of bipolar. I have learned so much from this site. I still have my ups and downs but at least I have a better understanding of what is going on with my body.

-Leigha, SC

the woman I love has bipolar disorder. This has helped me to understand this condition better.

-Frank G.

I looked into this because I have a friend who is bipolar... i didn't really understand it, so i needed to find something to explain what he was going through. i think this has helped.

-Justine R.

Dear Mr. Oliver,

Please don't sending your information out. It has helped me alot through certain times. Along with some other people as well. I would really appreciate it if you wouldnt stop sending me emails. Thanx...yes i would [recommend this information]. it is very helpful if people would take it seriously.

-Laura, TX

It has helped me to understand my illness, and more importantly it has helped my husband to understand and cope. He knows that he isn't the only one that is going through this. That there is hope in reducing the frequency of my cycles. [to others:] If you don't understand what you are up against, this newsletter is really something that you need to read. Plus, it gives you ideas on how to deal with either your problems or a family members.

-Trisha, WA

I am new to this disorder and I need as much info as possible before my cousin that is bipolar comes to live with me. I am very thankful that you have taken time to use your own experiences to help others like me. It will ultimatel help my cousin too once he is here...Yes, I would recommend this information to others, infact I plan to pass this infon on to my Aunt. All of us need to feel connected to help. I want to thank you for taking the time to share and help...So, hang in there and keep up the good work.

-Rebecca, AR

I think that it is wonderful that you have a newsletter addressing bi-polar conditions. It gives us who have never personally experienced it a much better perspective...I used to have a good friend in my childhood hometown, Yorkville, IL, that suffered from bi-polar. I have wished many times that someone would come up with an idea such as yours (writing a special newsletter). This enlightens people about bi-polar conditions and I can see where it would give people who are bi-polar some encouragement. Thank you for caring.

-Priscilla, IL

...Your information is a great starting point for family members of newly diagnosed bi-polar patients.

-Kim, CA

it would help me more if it were all free.. but knowing that there are ppl out there struggling with these sorts of things shows me that no one is really alone... you choose to be alone. Thank you for all the emails... even the little glimpse of stories help. (I dont in fact know if I am bi polar, I have just been worried that there may be something wrong, I still dont know but I do knwo that when I took quizzes on here I got very high scores... that scared me a little. I have been doing a little research on it all, and Im still confused weather or not I am to that degree.) [to others:] If you want to see that you are not the only one dealing with this, then this opens youre eyes to that. We are not alone, we only choose to be.

-Tammy, Canada

Your material onBipolar Disorder has helped me tremendously. Infact, I sent you an e-mail previously, thanking you for your research and valuable information. There are new facts that I did not know and I often forward this information on to my loved one's who also want to know more about my illness...Please keep the informative information coming my way. Please know that I greatly appreciate your time, effort and thoughtfulness to send this to me and others...There is not enough information out there on Bi-Polar Disorder, your e-mails are needed...my brother is a Psychologist and even he finds your information to be helpful.

Marilee, CA

The material that you have sent to me has been wonderful,a great deal of help.I have learned soooo much from you,and have been able to live a normal life now(being able to enjoy my family)...My recommendation to others would be definitely give this a try,David has brought together a great deal of information to help a loved one or yourself.

-Whiskey, IN

It has described what Bipolar Disorder is and how it's been misdiagnosed especially in children. It's possible my grandson is misdiagnosed and your information is helping. I'm not near him but I pass along the information...I would recommend your information to someone dealing directly with the Bipolar themselves and/or their families.

-Betty, IN

Hello, iam from Puerto Rico. I do not speak English very well. But thank you very much for your letters. Is really nice know that other human beans feel like us and that they can have a normal life like others. Really, is a very good feeling find tha iam not crazy. I'm 45 years and i receive my diagnostic when i was 40. Now i think and remember all the things i do... My first episode was when iam on fourth grade. Thanks for your help, for your positive thoughts...i think that all my family are bipolars. i like to recommend the information that i read in your page to my little sister. I share with all my family the information that i found.

-Sonia, Puerto Rico

im a daycare provider and i have never heard of bipolar til i started caring for this four year old little girl.I needed some info about it so i knew how to kinda deal with it and help this little girl.I found your articles very interesting on how to treat this and for the other children in my care to explain it to them on how to play and talk to this little girl.Since she has been coming to my daycare she has changed sensational in how we work and talk and do things with her and the others.The other children has to learn how she is and not to aggravate her in any way.Everyone gets along real well...I reccommend these articles to everyone that has to deal with this situation. It was helpful to me and i know it would help others.

-Tammy, MI

I am a new subscriber and am finding the information helpful. I don't know enough about this issue to even know what questions to ask. You are bringing to light things I hadn't even considered. Thank you...Good information is always empowering.

-Bonnie, CA

Yes. My brother and I both suffer with bipolar disorder. The information is very informative and useful. I look forward to your emails!...I would recommend the site because it has helped me deal with issues concerning the disease. Not many people understand what we go through on a daily basis and it is good to educate yourself and this site will absolutely do that!

-Terri, AL

IT put a lifetime of experience into words other people can understand. Now I can show others what it's like to live with someone who is bipolar. Having a name for this illness has had a tremendous uplifting effect on my life. It is no longer a dark shadow, something to hide because it has no name. It's funny how one bad review can make all the good ones fade and cause a person to become unsure of the purpose. That too is a result of being raised in chaos, being too judgemental of oneself. If the shoe fits, wear it. If it don't, kick back out in the aisle and keep on stepping. Keep up the good work. [to others:] The monster has a face and a name. The information about Bipolar is liberating, just knowing that others have lived thru this hell and that there is help and hope. I emailed the whole story to my younger sister. She said that was our home life, now she can understand what was going on and that it wasn't our fault.

-Cheryl, MI

As we are in the early stages of diagnosis in my family with my eldest son your course has been as an introduction to realise that there is support and things we can do to help our families...I would recommend this course to anyone who wants to find out more.

-Nauria, Australia

Dear David ,

PLEASE DON`T STOP SENDING IT TO US , WE APPRCIATE YOUR WORK AND EVERY E-MAIL THAT YOU TAK THE TIME TO SEND. BEFORE YOU STARED SENDING ME E-MAILS i DIDN`T KNOW NOTHING ABOUT AND KNOW I REALLY UNDERSTAND SO MUCH MORE ABOUT THIS DESORDER. SO PLEASE CONTINUE HELPING AND DON`T STOP WHAT YOUR DOING...YES I WOULD AND DID [recommend this information] YOU HELP A LOT THANKS

-Anne-Marie, Canada

I enjoy reading your emails. With a 9 year-old bipolar son; I have found them helpfull. It is "nice" reasuring to know others feel & deal with the same stuff everyday...I would give the web add. to anyone that I know has someone in there life with Bipolar.

-Joanie, WI

I have had a difficult time really believing that I was bipolar. I have gone to psychiatrist and only received one medication after another with no information on being bipolar, how to accept it, or any helpful information on how to deal with it in my daily life. I am not your off the edge bipolar or I have learned to manipulate so well that people just think I am being difficult or I am unreasonable. I have heard all my life, "that is just the way she is", never knowing what that meant. Nor did I ever know that others suffered as I did. No one ever treated me like it was not my fault. I was always led to believe I could help being this way. To make a long story short, you can not find the information that David provides anywhere that I know of. He touches every part of a bipolar life and how to deal with it, not sweep it under the carpet or ignore that it exist. Without the information he gives me I have to say I would be lost again. He cares how we get through each day. Not only that we get through each day but that we get through it enjoying life with some normalcy. I believe in his information so I save my money to buy his courses. I am not working at this time but I still am trying to save to buy his books because I know they help in every aspect of everyday life. I want to survive and to thrive as normal as possible. It has taken me too long to get to the point of believing I actually am bipolar and accepting help or even finding help. His knowledge is too valuable to me to let it disappear. I need the information he has learned all the years of helping his mother. I have come to rely on his information and look forward to his emails everyday. Thank you David, you are helping me to turn my life around. My family thanks you too. They are so glad to have the information at their easy access. Again, Thank you...I would recommend Davids information to anyone having bipolar, any of their family members and anyone who just wanted to know about bipolar and the effect it has on not only the people who have it but the ones surrounding them!

-Carole, GA

Your information has been helpful & informative. It has helped to put my feelings into words to describe to people what I am going through...I would definitely recommend this newsletter to others.. I have shared this with all my NON-BIPOLAR friends so that they can better understand the illness and what is helpful and unhelpful for a support person to do for their loved one.

-Kirsty, Australia

Your information has been a great help and source of information to me. I have a 19 year old son, recently diagnosed with Bipolar 1. We live in Zimbabwe and have no support groups and very, very little information available, therefore I rely on receiving your emails and updated information. You are serving the greater worldwide community—and especially those of us who do not have access to much information .THANK YOU...I would recommend that everyone keeps up to date with your information and helpful tips etc.

-Karen Hodgson, Zimbabwe

i am recently diagnosed and appreciate the plain explanations of symptoms and other info...yes, it is a good starting point to understanding the disorder

-Belinda, Australia

I have learned alot I did not know from you...As for me I enjoy each and every thing I get. It was by accident that I found your site. But I'm glad I did. Bipolar is the one thing a 45 year old would never think they have , but i realize now that I have had this for a long time and I was finally diagnosed with this in Jan, 05. NOW WITH THE SEROQUEL I AM LIVING MORE LIKE I USE TO. IT HELPS AND SUPPORT FROM YOU HELPS ALSO...YOU HELP ME AND MANY MANY MORE. THANKS DAVID...ITS GREAT

-Prissy S.

I do not suffer from bipolar however it was a refresher to me. I already heard of most of what was being said in the course...I would recommend this information on Bipolar for people who need to know about this whether sufferers or carers.

-Ingrid, Australia

It has made me understand what the illness was and how to cope with it a little better.you has also helped me by letting me know just what to do and were to gofor help. [to others:] David Oliver has helped me out alot with the articles . The articles are free and they are worth saving someones life . He has helped me cope with this illness for the last 3 months and he has gave some really good tips for what little I know . I did not understand the illness at all and now I know more then I'll ever know and how to deal with and I thank David Oliver for that .

-Ms. D, TX

My dad is bipolar, and a lot of times it has been hard to understand him. From the info that you have sent in the mini courses I have learned more about how bipolar works and how to better help and understand my dad. I really appreciate it. You sending info to my inbox is easier than me trying to research it myself. I really appreciate it...I sent the info about your website to my brother in Florida. I haven't talked to him anymore about it, but I am sure that he is finding it to be very helpful.

-Sharon, AL

I was just told that I suffer from Bipolar...it was a great relief to find your site and the information you provide. Thank you for hanging in there and I know your hard work has helped me. Thank you... [to others:] Anyone who thinks they are alone with this problem will see that is not the case....many of us are trying to figure out why we do the things we do..and with the support and information you provide...it's one of the steps we need to getting control of our lives.

-J.W., VA

It has helped me with information, links to resourceful sites, and a feeling that I'm not alone...I would definitely recommend David's information to others. In fact, I have passed many emails on to my friends and family to help them deal with my teenage daughter's plight with bipolar disorder. Keep up the good work, David!

-Michelle, CO

Dear Dave...I have Bipolar and with the help of my doctor and a new drug for Bipolar called Cymbalata - it works. I haven't felt this great in a very long time. And reading your e-mails everyday helps me greatly. I look forward to your e-mails every day and they have helped understand more about Bipolar. Don't you understand getting e-mails from someone else who knows about Bipolar helps a person understand who has it. I have my Husband and doctor to talk to and help me but- to get on the internet and talk to some else who has it well- lets face it - you don't know who on the other end. I want someone who's serious. So YES I'll speak for myself you have been helping me greatly...Keep sending those e-mails { I look forward to them!! Keep going Dave! [to others:] I have had Bipolar for sometime now. With the support of my husband and doctor and a new medication I'm on now- I feel better than I have ever been. Getting on the internet to talk to someone else is very hard because you don't know who's on the other end. And I take my Bipolar very serious!! But, with Dave sending information every day to me I have learned more and more. I look forward to Daves e-mails everyday. And his e-mails are very helpful to me. They help me because someone like Dave takes the time to care about people with bipolar. And I Thank You with my Heart for caring!

-Cindy, CT

I believe that it is crucial that bipolar information be shared so that we can learn what helps each one of us. Research is great, but each one of us must reach out and try to assist the next one. By giving a helping hand, we connect and become the relational people that we were originally intended to be. We connect and support and eventually become a blessing for the next one. Doctors don't have the end all answers. We need to be proactive in all we do whether we are bipolar or are supporting someone that is bipolar. It is only through learning & being proactive that we can attain the balance in life that we all strive for so we can have a better life...I have recommended the site to many. What better testimonial.

-Gaylene, WA

Hi David... I find most information helpful. Much is info that I've read other places. I still am learning things from your mini course...I have forwarded some of your info to others who I thought would benefit.

-Vicki, IN

Your information on Bi-Polar has helped me a lot. I never knew anything about this "disorder" to human life. And I thank you for your information you send in my email inbox...the meaning of the words of wisdom. Keep your emails running. I can't wait to get the latest news and facts and articles...Your words are like wisdom in the articles you write and in the facts you present are very much in detail and will charm you with advice, statistics and other information in helping you understand Bi-Polar and its causes/affects and etc.

-Kirbi D.

I am really new to this. I got married last August and my husband is bi-polar. Your material helped me to understand that, for one thing, what his doctor did today, and caused last week, was unacceptable. She started a fight with me, told me she did not have the time to include me in his treatment, and became defensive when I told her I wanted to know when she made medication changes, why she made the changes and be updated whenever anything at all was different. She started yelling at me. Told me I had no right to be angry because she made a medication change that caused a severe manic rage that also caused my stepdaughter to call the police on my husband last Friday in fear. My point? Without your material I may have actually been confused and thought I had no right to ask to be informed, or to question her reasons for doing the things she did. I appreciate the things you are sending...I don't really understand this illness. Your material, along with my own continued research and searching, is helping me to understand signs and symptoms of crashes, cycles, the difference between the manic and depressive cycles, and a lot of other things. I look for the information hoping for something each day to hold onto, and to guide me, one day at a time, and with the hope that I can help my husband get one day closer to being happy, and the rest of us as well. You are helping me to do that. Thanks.

-Julie, AR

It has helped me in learning how to cope with my father in-law's ups and downs and how to be a support system to my mother-in-law and husband, and in explaining to my children why PaPa has good days and bad days. Also I forward all your articles to my mother-in-law which has given her a chance to reassess where she needs to be at this point (appts, know meds, make sure meds are taken on sched. and several other ideas that have given us areas to think about that we did not know.)...Yes I would [recommend this information] because I already have and it has helped give ideas and new ways of interacting with loved ones who have bipolar and by letting other loved ones know that it can be hereditary and talk to them and let them know you care and want them to find a doctor with me so we can get them help.

-Melissa F.

I was almost in denial, my doctor told me I had mild bipolar and I did not want to believe him, but out of curiosity, I looked up different web sites about information on bipolar, but the best one was yours, it was very informative and educational, and after reading it, I realized I do have symptoms of bipolar. Now, I am more prepared to handle my condition, thanks!...This is the best web site I have found for Bipolar, it is very informative and educational. If someone you love or you yourself has Bipolar, you owe it to yourself to read this. It has helped my family tremendously!

-Stacy, GA

I like all the info. I have bipolar and don't know much about it. I'm having a real hard time and I'm a mother of two and a girlfriend and like all the info you send me. Thank you!

-Danielle, OH

I am writing my senior thesis on Bi-polar disorder, so I send all of the e-mails to my bi-polar file. I read a lot of them on the way and find them very helpful, especially when mom was having episodes. She has been fine for five years now and taking her meds. I wish I could have known this stuff when we were struggling, just like you! You are doing a great job...If I ever meet anyone struggling with bi-polar disorder I would recommend your material.

-Marguerite W.

As a highway trucker it is difficult to get the time to do any kind of studying, but I have read and printed out a couple of your works sent and would have to say on this info so far that they are indeed well done and both Judy and I agreed that any added info is helpful! I say more power to ya and keep up the good work! I know that each time I do get a chance to sit here I will be checking out these articles one by one! Thanks for your efforts!...I believe that knowledge is indeed power and an aid in dealing with this illness; I have enjoyed the first couple of studies!

-Wayne C.

My son has bipolar, diagnosed only two years ago. I read your emails regularly, sometimes skimming, sometimes in depth, but always enjoy. It's nice to know there are people that care, that there are sources out there and the information is available. Keep it up!

-Jean M.

I think what you are doing for people is wonderful. By educating others with your knowledge on a illness that many people don't take serious. I have a daughter who is seven and a son who is four. Who both suffer from Bipolar Disorder. And i just want to thank you for your e-mails you sent me, you have helped me and I appreciate it. Thank you

-Sarah, WA

David...I've been reading as much as i could about this...I've learned so much in the past few months than I have over years. You should not stop what your doing. Your helping more than not, so keepup the good work... Thank You so much for all the work you've done. I would have never known want i do now

-John, CA

Before getting this information I didn't know anything about Bipolar disorder. My husband has this disease and I didn't know how to help him or what he was going through but since subscribing to this information I have learnt that what he does and says sometimes isn't his fault and I am learning how to understand him a bit better. Thank you for this information...I would recommend your information to others because if it has helped me to understand it a bit better than for those who have a little bit more knowledge of what it is it will be hable to help them understand the sufferer better

-Paula, Australia

Hi David

I'm not bipolar but i care deeply for someone who is and the material you send is helping me to understand more about her and give her the necessary space she thinks she needs, her moods change to those of the depressive type, but its helped me understand some of her actions and to be able to have more patients with her

-Alton G.

It has helpedme understand my friend some. I do not have a printer hooked up, so I am tryng to save all the information on the computer until I get a printer hooked up. Thanks...Since I have met my friend I have met so many people that knows someonw with bipolar, but they really don't understand it...They don't seem to realize no one has this by choice. Everyone wants to have a life.

-Zelpha, CA

I'm the one with BPD, David, and I am hoping someday my family will find your experiences with your Mother helpful. I have been able to relate with the info, however. At this stage of my disease, I am still my own caretaker and case manager. As an RN, I have found info from the internet which is written on a less subjective and higher clinical level more useful at this point. But, I am caretaker for my own Mother, who has Alzheimers, and there is nothing I have found yet produced from a similar perspective on the Internet. A caretaker, regardless of the disease, has the same responsibilities and resources, and that info you provide is very helpful to me...I am also a clinical research professional, and look forward to your bipolar updates and news stories...Please don't stop.

-Carol, TX

Dear Dave, I am a Grandmother, raising my 14 year old Grandson, Josh. My daughter walked out on him when he was 9 months old. Since then she's been in & out of his life just enough to be a negative influence on him. His Dad is in his life a little but not as a positive role model...because his MOM & DAD won't get involved, but neither will they give me the authority to get treatment for him. I feel like I stand alone on the sidelines (I'm a widow) helpless, watching my precious little Grandson get LOST, through their ignorance. The reason I'm telling you all this is because I want you to know that my e-mail information from you is the only GROWNUP, adult interaction that I get from anyone concerning this. I appreciate all the information you've shared about your Mother. (I pray that she's doing well at this time) I thank you for the information you've given me. I now have Josh on the Omega-3. Also I give him the B-12, B-6 & Folic acid. Plus a multiple vitamin. I know this is not enough but I pray that it will help. God bless you.

-Pat, VA

Assured me that lots of other families have 1 or more bipolar members. Good advice. Value of reading everything I can find on bipolar disorder...I do recommend your information to others dealing with this very complex issue. David is very generous in sharing his research and experiences with us. I encourage everyone with bipolar and other brain disorders to become proactive...

-Joyce B.

I have done extensive research on this illness as my ex-wife and the mother of my child has been diagnosed with it. David's information is informative, helpful, and explanatory of the different situations a person with this disorder might exhibit. [to others:] If you have Bi-polar disorder or you know someone who does, it would be wise to read through the information David presents in his mini-course. David also sends out related articles that pertain to Bi-polar disorder which are helpful in nature.

-Jeremy, MI

it has helped me understand what is going on with my brother. thanks again and keep up the good work!!

-Jenny, NY

Since I discovered my illness was taking over my life, I shut myself down into an 'isolation' way of dealing with my life. My episodes were scary; not just to me but to my loved ones as well. I was slipping further into destruction eg: smoking, alcohol etc. After I was put onto medication my episodes disappeared. But I was left with a emptiness, loneliness, partly because I know no-one who was a manic depressive and because of feeling I had to deal with it alone. After subscribing to the David Oliver newsletter, I felt as if I was given friendly, emotional support. Medication cannot help you by itself, emotional support must be given in order to help the illness just be an illness and not be you. David Oliver has helped me emotionally, just as the drugs have helped my imbalance. I am forever grateful [to others:] David Oliver does what the medication cannot do, he helps you emotionally, and makes you feel as if a friend is there, helping you through your nightmare, and sharing his experiences to guide to. He is a true friend.

-Stephen, CA

Yes. It has helped me understand what it is. The story about your mom made a lot of sense to me. I had the same problem. They would always put me on all these medications and finally I got a doctor who knew what she was doing. Keep up the good work. Without this course I would be lost.

-Melinda, FL

Hi David,

I've been receiving your mails regularly. Although I'm a doctor, I found your information quite helpful. Please keep up the good work. Someone close to me is bipolar. I know how difficult it is to cope up with such a situation... Yes I would certainly recommend this information to others.

-Dr. M.T.

Calling attention to information and web sites that deal with bipolar illness. Keeping me abreast of new ideas and information about the illness. Giving me another informed point of view about others who are trying to deal with the very difficult issues involved with bipolar: ie. Social Security, medical insurance, finances. [to others:] The world is still there for anyone to change. Being bipolar in some ways gives you a perspective only a few people can ever have. Strive to be well" enough to contribute to the world around you in positive ways and bring your unique perspectives and talents "to the fray".

-Larry T.

This material has got an important value to the bipolar people. Knowledge of the disease is a fundamental thing to find the balance between the ups and downs. Right medication for each case of bipolar is the right way to live better... I recommend this material because it is wealth to be informed about the right medication and the news about bipolar disease.

-Raynsa, Rio de Janeiro

I have benefitted from your bipolar information. As a person with bipolar disorder, I try to get all the knowledge I can to help myself and a close friend who is also bipolar... Your information and first hand experience are very helpful to those who care for someone who is or those that are bipolar...

-May, KS

It's nice to have a support network during the day. I can log on and gain some understanding and know there are others like me out there, committed to health every day... you are candid, supportive, instructive and objective.

-Rachel

It has helped first by helping me to remember I am not alone. That there are lots of other sufferers with varied experiences yet also similarities. It has also helped me to learn more about BiPolar disorder and current treatments etc... Yes, I would recommend this information to others if for no other reason than that it is a good place to begin to learn and spread your wings.

-Laura L.

Your bipolar information has helped me understand what is going on with my daughter. Please don't give it up. Your information is more concise and easier to understand—in other words, you write in laymen terms that everyone can interpret. Keep up the good work!... I have found the information to be concise and in terms that I can understand. I have used a lot of Dave's information in helping me understand what is going on in my daughter's mind.

-Cathy, WI

Your material on bipolar disorder helped me by being able to understand what it is, and how to deal or more take care of my boyfriend when he's having a depression episode... I would recommend your information on Bipolar to others, because you're someone who has gone through it, and in the schools that I've gone to, they don't talk, and hardly even touch upon depression. So because of that, when someone seemed a little down it was assumed that they were just having a bad day, but now I know that it could be more than that.

-Sharlene, Canada

Letting me know I am not the only one out there. You have given me many ideas on how to handle my disorder. Please continue to send the info. Thank you so much for all your help.

-Teresa C.

I read them and they really have help me and when u said don't used the can't word i have done that too i can do anything i put my mind too. thanks david for all ur hard work and keep it up

-Kimberly, Alaska

I REALLY LOOK FOWARD TO YOUR NEWSLETTERS & EMAILS. I HAVE LEARNED A LOT MY FAMILY HAS LEARNED A LOT AND IF IT WAS NOT FOR YOUR ONLINE COURSE I PROBABLY WOULD NOT HAVE GONE TO THE DOCTOR TO GET HELP. PLEASE KEEP SENDING ME YOUR NEWSLETTERS THEY HELP ME A LOT...I ALSO RECOMMENDED YOUR COURSE TO MY FAMLY BECAUSE I THINK MY MOTHER ALSO HAS BIPOLAR.

-Ebony, GA

I've definitely read some of the articles. They're especially helpful when it comes to passing info on to loved ones...it's good to know that someone devotes time and effort to this cause and that there's such a high level of committment.

-Brianna, Trinidad

Dave, The free mini course that I subscribe to is somewhat light on specific information but your excerp on having a plan when your loved one has an episode helped me organize my thoughts and procedures. Your link on making money is also appreciated. the biggest value I get tho is knowing that there are others out there who are struggling with the same issues. so often I feel at a loss about where to turn to and the work you have done is a great comfort and gives me hope...I look forward to your emails and while not everything is unknown previously or applies directly I can glean much from all your research. Thanx for being there. I mean it!!!! Just the communication from someone going thru similar things is a great comfort [to others:] Dave's course is a prodigeous effort and while it doesn't offer cures or answers(there are none)you can get much support and good advice from all his efforts—he's been thru it too.

-Gregory K.

There is some info in your course and emails which do not apply to me seeing as I live in South Africa but the rest of the emails and info have been of value to me. I was newly diagnosed when I came across you site and because of much of the info you supplied me with I developed a better understanding of my condition and what my loved ones must be going through.

-Anthea, South Africa

...I have BiPolar and have learnt to manage my illness through diet and medication. I have found your article on Omega 3 very helpful, I am sure David that your information has helped people to understand BiPolar, I have been stable for a while and have researched the illness thoroughly and found your information to be correct...I would recommend your information on BiPolar, especially to people that have partners with BiPolar, as it does help them to understand the illness and suffering of their loved one. Keep up the good work David...

-Sandra, Australia

You have been a source of information for bipolar which is important. Knowledge gets us out of the dark ages. You can help people some of the times but can not help them all of the time. Continue your service!!!

-Steve, FL

With David's helpful material on Bipolar Disorder I finally have the courage to seek out the help I've needed for a long time. He taught me the skills and gave me the insight on how to handle myself in front of people as best I can to make an effort to apply for work and get the help I needed. It has helped immensely. I was able to get a professional to help me with SSI paperwork. I will always keep trying to find a way to support myself because David's material gave me the courage to do that. But if I can't work at least I will not starve or be on the streets because of no resources.

-Cindy, CA

Hi, I am bipolar myself. When I first subscribed to your newsletter it was just about the only thing keeping me going and giving me hope...Even your emails about money issues pinpointed me, and gave me a much needed warning. I did not realize many of the things I should be watching out for. Your emails provide me with the higher quality of information (and more of it) than many other places I have looked (including many library books). I look forward to more letters in the future. :) [to others:] I would highly recommend this course to anyone who is or knows someone who is bipolar. I have searched many sites and library books and have yet to find a better source than David Oliver himself. I value his information which comes from first hand accounts and real experiences. It's not a few sentences pulled from a text, but real help for real people.

-Michelle, Canada

I have been diagnosed since the latter part of 1992 of having Bi-Polar Depression, and have been on most of the anti-depressants known to man. I have spoken to many professionals on this very subject, but none have come close as you have Dave in explaining in lay-men terms this mind altering chemical imbalance disease.

-Robert, IL

This material you have put together, Dave, has been a blessing to me and my family. Please don't shut it down...I have recommended your information to all my friends, and it has helped them also.

-Misti S.

Our 32 year old son has bi-polar and lives with us. He was diagnosed in 2001 after a manic spell landed him in a psychiatric hospital. We, as parents, felt so alone and didn't know where to turn. He now is on medication and is fairly stable, except for one full manic spell in 2003 and we averted a spell last month by seeking medical attention as soon as we noticed some of the signs. This was mostly due to your course and it's information that said early intervention is definitely needed to avert a manic episode. He is currently stable, but still somewhat depressed. He is unable to work and we are still trying for SSI. This is our third attempt and we now have a lawyer to help with this. Being responsible for someone with mental illness is a long, lonely battle, but your information has definitely helped. Keep up the good work...Thanks again for your help

-Karen, MI

I feel like someone understands me, and it helps me to be able to talk to my husband and help him understand whats going on...I would just tell anyone who feels alone to go to you. You help people with and without bipolar, you help us understand things and info we might not have known.

-Marsha, AZ

Good information is very helpful. When our son had his first psychotic event we had no idea what was happening. Through these past five years we have read everything we can find to help educate ourselves. Yours is very informative and helpful...We attend a local family support group and I will be happy share your email address and name. Others may also find it helpful.

-Polly, TX

I find that your information is very helpful. I have a 15 year old daughter who is bi-polar and this information has helped me greatly...please know you are helping many families stay together...I would indeed recommend your information to any family or anyone who is looking for answers and who needs help.

-Leslie, OH

I am a Social Worker and Counselor who works with individuals with several types of problems including Bipolar Disorder. I review your materials as a refresher...I have recommended your page to others and would like to continue to receive information. Some emails are pertaining to other subjects, but overall this is good information.

-Philip C.

I have bipolar disorder. It is hard to explain to my boyfriend and make other people understand that it is for real. I send nearly all of the emails from you to him to hopefully help him better understand. It is reassuring to know I AM NOT ALONE. Thank you.

-Deika R.

It is useful to have this information as I will be spending time with a bipolar niece and at least now have more of an idea of what it's all about.

-Theresa, Bermuda

It has helped me learn more about Bipolar and I appreciate it...I have forwarded your information to a few people and I hope that you dont mind if I did that but thought that they might like it

-Catherine V.

It has help me alot. It has help me to understand myself more. When I was searching for information on bipolar I fought your web site. I enjoy it & have learn alot of what I was searching for. I enjoy getting your e-mails...Yes I would [recommend this information]. Infact I sent it to a couple of my family members where they can possibly understand what I'm am going troughed in being dignosed with this.

-Martha, TN

Dave—I think the information you send out it extremely helpful. I was recently diagnosed with Bipolar myself, and it has been very helpful to me to help make sense of what I am going thru. Thank you so much for sharing your life to help others!...I would definately recommend this information to anyone who has Bipolar or has a family member who has it. It's very helpful information. Thanks!

-Chrystal, VT

I don't have a success story to give you yet. Just received the materials in the mail and gave them to my son. It is my daughter-in-law that has bipolar. She is in total denial and he is in somewhat denial- doesn't think she is "that bad"! However, he thought the information I sent him was helpful and very practical and so did I. We would never have thought about money, proxies, etc. Anyway,while I am not really interested in anything that doesn't pertain to bipolar disorder in your newsletter, I do find it helpful to go and the read articles you send. I feel it will help my husband and I to support our son and his wife more "objectively". Thanks and keep up the good work!...I would recommend your written materials to anyone who suffers from bipolar disorder or who is supporting someone. It is very practical and informative and contains things I would never have thought of. I feel much more knowledgable now.

-Ruth B.

I am bi polar and the articles and all the information. Help me to stay one step above the deaease. The more I know the more I realize when I am becoming ill. Keep up the good work Dave. Keep us informed as what it is like on the other side of the frnc. Good luck to you and your mother.

-Danny, KY

Dave, being bipolar myself I have already done plenty of research on the subject...At this time I am on the proper medication and living a fairly normal life. I think what you are doing is a good thing for those who have no clue or even know where to start. In my opinion I think you should continue with what you ae doing.

-Paula G.

I would like to tell you that the information you have sent me is helping me understand bipolar. It is not helping me deal with death of close friends but it is helping me with my moms disorder.

-Angel S.

I understand my brother. An why he tried killing himself! [to others:] David has helped me understand my 52 year old brother. Thank you david Oliver!

-Darwin, IA

I read what you write and I think at the time its helping. But honestly I'm having a real hard time with my bipolar. I dont understand it, they keep putting me on all different meds. And I feel lost in the world. Like I dont belong here. I think your a great man for doing what you are. And I thank you

-Deann, CA

I have heard about people being Bi-Polar. I have met aqaintances and have become a friend with someone who has openly told me about themself and what they have dealt with over the years. I did some searches on the web up on the web and on my findings, found your site. I wanted to learn a bit more and I do read what you send me. I have found your information worth knowing...If I knew someone that wanted some information pertaining to Bi-Polar, then yes I would tell them to look into your site.

-Sandy, Canada

Yes, your material on bipolar disordetr has helped me quite a bit. everyday i look forward to the e-mails about bipolar disorder. and i thank you for keeping me informed...yes i would recommend it to others and i have. i've told my friends and little sisters friends about it. i told them about how much you can learn and how get all the e-mails are to recieve.

-Madison O.

I read everyday your newsletter course, and it gave me good information. I can't find always what I'm looking for, but I know that one day that information could be helpful for me and my husband. I think that was interesting to know about the function of Omega 3 during the period of depression...Yes, I'd recommend your information.

-Johanna B.

...I am not bipolar but my loved one is, I find alot of info helpful from all softs of people I take it in stride, what your doing is trying to help people. theres nothing wrong with that , just remember, you will NEVER be able to help em all, thats just life , if you feel good about what your doing dont stop until you just cant do it any longer for resons of your own , not someone elses...you can never get too much help in dealing with bipolar/manic depression. I think what your donig is in good intentions.

-Courtney, GA

Dear Dave,

An important insight your mail has given me, is the effect of my condition on those who love me, from your open descriptions of life with your mother. I also appreciate the wide range of articles you send from which I select those of personal interest. THANK YOU [to others:] David oliver provides a valuable service to Bi Polar sufferers and their carers, by demystifying the effects of this illness, in a humane and accessible manner. Thank you, David.

-Helen, United Kingdom

hi david, yes your information is wonderful. for years i spend many many hours looking for somone to feed me with good in formation ,i visited many web sits, but there information was always very basic, and no good enough. your give a wide and apto date inf.. [to others:] david, has given me the streght,to go on, with my job, mykids,....god bless

-Yvonne

I have found the information you have shared to be very informative. I would recommend it to anyone including individuals with bipolar their families or friends. I myself have been diagnosed with hypomania and my daughter has had an extended period of mania. Your informmation has been very inlightening. Thanks!...I would recommend this infomation to anyone who is interested because it is very readable and informative. It has been very helpful. I have done alot of research in the past year and this has been the most beneficial so far ~ Thanks David!

-Linda, WA

Your e-mails are very informative and I print them all for future reference, if I need them. Thanks for your help...I would recommend it to someone who has a new diagnosis or a family member with a new diagnosis.

-Mel, OK

Material On Bipolar Disorder Helped me help other people.I am a energy healer and come across this condition often.And with your wonderful help I am able to pass this credible information on. Thank you.

-Deborah Ferguson, VT

Keep up the good work. I look forward to reading your emails. Even if it is a quick read and delete. You need all the information you can get when supporting and more importantly, understanding bi-polar.

-David, FL

It has helped to make it through daily life in supporting my son. I look forward to coming home and hearing what you have to say about everything. Most of the time you seem to hit on exactly what I need to hear, and when you are a support person for someone who has bipolar, your material is a lifesaver, and I also feel like I am not alone in this...I would and have recommended your material to folks I know that either support a bipolar person or have it themselves. You have lived everything that you teach, and you are still going through it. I don't know what I would do if I could not hear from you every day. I certainly would be lost.

-Martha, NC

I personally think that your information is great, it's things that i already know, since I have done my own research for my 15 year old. things are different for me, since she is a child and has more than just bipolar, but all in all your information is great. [to others:] Mr. Oliver's work is wonderful. He uses points and issues that are quite common of bipolar people. There have been a few things that I found a great help and opened my eyes to situations that I find I go through with my loved one's mental illness.

-Rachel Gonzalez, FL

YOUR MESSAGES HAVE HELPED ME IN SO MANY WAYS AND I LOOK FORWARD TO ALL OF YOUR E-MAILS AND ALL THE HELPFULL ADVICE. THANKS...I WOULD RECOMEND YOU TO EVERYONE THAT HAS A DESIRE TO GET AS WELL AS THEY CAN AND TAKE YOUR ADVICE TO HELP THEM MAKE THE LONG JOURNEY

-Harriet, GA

It has educated me a great deal on the illness and given me alot of answers...Yes i would definitely recommend it to anyone who needs to be educated about bi-polar step by step.

-Trevor, South Africa

Hi DAVE, I myself am A 47 y/o male with BIPOLAR and have a step child 17 y/o with it as well and your emials have help me from both sides of this disorder, the sufferer & the caretaker in fact I now have been able to, with my doctor's bring the level of medication down and my life has taken a turn for the beter. Keep sending the emails they do help and I look forward to getting them...There is alot of info out there but its been my experiance that most of it can be worse then the BIPOLAR it's SELF !!! People are to quick to try and fix you and there is nothing that needs to be fixed just tweaked we are who we are and I have found YOUR EMAILS to be very helpful... Now I am finaly felling like I am on the right path to a more productive life thanks DAVE

-Mike, NY

David, your material has given me a place to start. I have to tell you that people - friends and family - want to help but really they don't understand. I recognize things in your e-mails that happen in my life. You talk about ideas on how to deal with things. Now, not everything always works but it is a place for me to start and I don't feel alone. I do recognize that it could also be that I am not doing what your e-mails suggest fully or completely...I have recommended it to others. I believe that this can help anyone willing to give it a chance... I would recommend everyone who is struggling with bi-polar support give this a try and really listen to what is said.

-Chris, CA

yes but i would also tell them that you make no claim to solve their problems....only to bring new insights about their malady

-Gary, OH

Hi Dave,
...Your enthusiasm and conviction toward what you believe to be right is awesome. It's evident in your continued processing of your information. When you're in the "dis-order" though. You may feel bombarded with it. If you're in a support role, such as yourself. It is deemed to be information you can refer to extract like information that may challenge or reinforce your own evaluation/s. Don't stop doing or sending what you believe to be right. You are helping you and in so doing, you are perhaps helping 1 other person. Isn't that worth it?...I would definitely recommend it to people as an opportunity for them to review their own thoughts on Bi-Polar.

-Yvonne, New Zealand

Yes, it has. It has given my many ideas how to handle my husband's bi polar...I am on 3 support groups and we have all discussed your information and how it is beneficial.

-Wendy, IL

Yes, your news letter has helped me a lot. I have a bipolar spouse who at the moment is not on any kind of medication nor is he in therapy and a lot of the things that you have said really hit home. It has helped me to understand more of what is going on and just to know that I am not alone. You see till I found your site I was ready to pack up my kids and leave. Now I have some ideas to make staying almost bearable! We are working on getting my husband help as he has looked at the info as well and decided that it is time to really get help. So THANK YOU. Your info has gotten thru when nothing else did...Yes, I would recommend this info to anyone who is trying to Support or has this disorder. It really helps to have things put in simple terms that all can Understand and to hear from someone else who has lived what you are.

-Michele, PA

Your information has helped me out tremendously as the wife of a bipolar husband. Especially the section in your course about the mistakes a supporter can make while trying to be the caretaker. I allowed my husband's verbal assaults and emotional abuse (while manic) to completely destroy my self esteem. I have yet to recover from my own PTSD...I tell everyone about your course and how there is nothing else out there like it!!! I also think that you have the patience and unconditional love like that of a saint....

-Carol, MA

Hello Dave.... I have a few friends that have Bipolar and your news letter help me to understand what they deal with daily. I sure can't help anyone if I can't see what they are going thru. Once you have the understanding how this disease works then and only then can you truly help others....Keep up your good work !!!!!...Hello,, I have been receiving this news letter for awhile now and read everything I receive...Dave gives you many tips of how to help other with Bipolar.I love the example he uses his Mother that also has the disease..Great Son

-Heather, Canada

Your information on bipolar disorder has helped to calm me down and realize that dealing with an adult married child is not my responsibility except moral and being supportive of the spouse. I have even offered to pay for counseling to assist the spouse in breaking down the bipolar person's reluctance to accept help. You have helped me in countless small ways. Thanks.

-Denise, CA

Yes I am enjoying reading this. Please keep it up.

-Marilou J.

As the sister of a man with severe bi-polar disorder, and as a soon-to-be practicing social worker, I have been given insights about how serious this form of mental illness is, and how critically important it is that those with BPD take their medications, always. This will help me in my interactions with both my brother, and with individuals I may come in contact with in my practice to understand them and their needs better...I would definitely recommend David's information on bipolar to others, as David is a compassionate, caring individual (who rambles at times, but which "rambling" always helps to illustrate his point)! David is gifted with a great deal of so-called "common sense"—very uncommon in this complex society today—who is not afraid to ask important questions, and gives us the benefit of his common sense, compassion, and research into this difficult topic.

–Valerie, WY

I have only just received your material in the mail as I am BiPolar. so far I really like the part about acceptance of the disease. The email's help me and I forward any that apply to my husband as he is my supporting loved one. We will be moving in Aug to Idaho so I am looking forward to learning how to find a Dr. & a therapist that you have written up in your material. My current therapist looked at the material said it looks really helpful...I really enjoyed the live podcasts as I waited for my material to arrive in the mail. I just received it 3 days ago and have not been able to read it all. What I also like is that it is written for the consumer by a consumer's son. Not written by a Doctor or Therapist in medical-eze. My sister has been Bi-Polar longer than I have and I am recommending it to her, my Mom and my brother, and any one else I meet.

–Diana, OR

Yes it has it has a lot of information to better help support my wife with bi-polar. I have been collecting all of this information in to a folder for easy access later when i need it in a crisis, doc. office, or with my inlaws. My mother-in-law thinks that she my wife is just a spoiled brat. I know diffent from your material and through my job working with people like this I know when she is cycling...yes I would recomend your information to anyone who love one has bi-polar. That information will help the person better understand what thier love is going through and how to best support them. I my case this information is great because it give me the advatage of vital information that i can't get anywhere else, so i can better support her when dealing with her parents, family, job, and everyday living together.

–Donn, VA

Please know that I am forwarding these emails to my daughter whose fiance has bi-polar. I don't know if they have been helpful or not but she still wants them forwarded.

–Katheryne, FL

Your materials on bipolar disorder has helped me to understand better my siblings who are bipolar. [to others:] The information provided by the materials of Dave can really help those who are either bipolar or who are bipolar supporters. He can really speak and write with authority coz he is also a bipolar supporter and his techniques have been personally tested by him.

-Leilani, Philippines

Dear Dave,

...I haven't been a subscriber for very long, but I would like to make two points. Firstly, your emails are a reassurance to me that I am not completely alone in my struggle to help a loved one who has bi-polar. I live in Ireland. A few days ago I thought to myself: "Dave, an American whom I've never met or even spoken to, is giving me more support than most of the Irish people with whom I'm in regular contact." One of your emails in particular was a source of great insight for me. You said that just because you are supporting a person with bi-polar does not automatically mean that you have the right—or can expect – the help of those around you. For 14 years I believed that I HAD that right and I felt very let down when I didn't get that support. Then I read your email and it was a great revelation to me. I thought: "Dave's right. I can't expect people to rush to my aid." On the other hand I also realised that this means I don't have to justify my decisions to them or even to consult them about my decisions. This insight was hugely liberating for me. That email alone was worth more than gold to me. Dave, keep up the great work... [to others:] After 14 years of struggling alone to support a loved one who has bi-polar I was lucky to come across David Oliver. His Bipolar Supporters Course and regular emails have been a beacon in the darkness.

-Philip, Ireland

The Bipolar Disorder has become a household word around here. My nephew of 20 yrs. has been diagnosed and is on medication. Therefore I decided to get all the info possible on this disorder. Your website offered the most help and has defined so many of the characteristics I have found in myself and my husband. No I am not a hypo looking for a home, just an older citizen wanting info...Yes I would and I have [recommend this information].

-Elizabeth, TX

I think any information you share with someone else can be of help. You have given me a lot of insight into my sons problems. Eighteen is a tough age anyway, so combine that with Bipolar and aspergers and it has been quite the roller coaster ride. I no longer am ashamed of how my son behaves, I work with it and try to give alternatives or consequences. Keep up the good work...Anyone with or dealing with someone with Bipolar Disorder, would most definatly be able to benefit from your information

-Janice, FL

...with my bi-polar grandson who is 28 years old. My father died a few years ago and just six weeks before had attempted suicide and was diagnosed with bi-polar and schizophrenia(sic). At that time we were made aware that Bi-polar disorder is usually genetic and I had never before heard that and became almost desparate. Thank you for all your encouragement and suggestions for dealing...I know that each person is different and and episodes are as varied as can be but your common sense approach is so very encouraging and to know that you or I are not alone in this.

-Nancy, TX

I dont think you ever get over Bipolar Disorder. You can learn how to live with it and deal with it. I have been Bipolar for years. There are no easy fixes and learning how to live with it takes a lot of time and hard work. I still slip into my little Bipolar world sometimes but I feel that the material you send out gives us tools to work with...Thanks David. Great job at suppling us with the tools.

-E.H., NM

It has given me basic go to information. Mine is an unusual instance because I have the son of a Bypolar woman living with me because she abused him when manic. He has fetal Alcohol Syndrome so helping explain why his mom is the way she is helps. [to others:] This is great avenue for basic go to information. It let's you know what to look for and how to handle volatile situations.

-Anita, TN

...the info has helped me in understanding whats happening to me i have had bi=polar disorder since 1989 been in & out of hospitals... i very much enjoy these articles i have alot to learn including info for my boyfriend i don't know why were still together for he puts up with so much i guess i have a bad case of bi-polar so i am so hard to get along with with me being so hard to get along with i have no friends because absolutly noone is or carse to understand...i would recomend this info i have forweded these to a girl i know who has a bi-polar i also send it to my oldest daughter because she refuses to u medicine maybe this will make her understand that is if she reads them & thats iffy

-Nora Slack, SD

It has helped me cope with my husband's bipolar knowing I am not alone. Also, although I don't agree with everything you write, I find the material you provide so informative...I would recommend the education you provide on bipolar as a layman's source rather than clinical. A more human side than what is related in most books. The emotional view is more helpful than described in most materials by experts and doctors. A regular person dealing with a loved one's illness helps me more than what the doctors say.

-Michele H.

Please don't stop sending me emails, You have been my lifeline of sorts. My close friend is at the bottom of the barrel. I am sure he has bipolar disorder because everything I have read from you fits him "Exactly" as you describe your experiences. Although I have not succeeded in getting the help he needs you still have been helpful in helping me hang on-Thank You...I have learned that by following up on information contained in your emails, that you are certainly on it. You have spurred me to seek out information from other sources to confirm your stories etc. You in (my opinion) are straight up on your information & appreciate you whether others do or don't

-Dave, IN

Since I am a newbie when it comes to bipolar and how to care for someone with this, I have found your information to be very helpful. I was having a seriously rough time dealing with all of the issues and thought it was just me. It is good to know that I am not alone in this whole thing. I have been able to assert myself into the care of the one I love and in doing so, he is making great strides in helping himself. I looked for other support network and yours was the one I chose because I don't feel like I have to have a PHD to understand what you are saying. I refer back to different e-mails as the situations arise and have gotten very good at predicting things before they happen which enables me to help him before it becomes a roaring issue. I look forward to information from you each day and know that eventually I will use that information to help the person I love... I believe that you deserve to be recognized for sharing all that you do with people like me. I can't imagine that it is easy for you to share so much personal stuff with people. Thanks Dave...I have recommended your site to the people I work with and have shared it with my loved one as well as my oldest children. They have grown and understanding about what is happening and I believe that it helps them to deal with the issues that come up.

"Angel", NY

The information from you e-mails have been most enlightening and beneficial as they are generated from first hand experience. There is very little information freely available from either libraries, internet and even medical practitioners regarding bipolar disorder. It also assists one to realise that there are thousands of people in the world suffering from the same disorder which is a comforting thought...I have recommended your information to a number of my friends who have found your e-mails beneficial. One has to glean the relevant information for oneself or one's loved ones pertaining to the individual concerned. Not everybody will behave or react in the same way, but there are at least guidelines as to what one can expect.

-Anita Dixon, South Africa

It has given me information that I needed in understanding my brother and what he is going through...Yes, I would be happy to let anyone know about you information.

-LuJean, GA

David,Your work is wonderful and has helped me to be able to know what to say and not to say to my son who is bipolar...I would defenitly recommend your info to all people...We can always learn the most from the people that has already lived it. Thank you for being there for all of us that looks forward to your emails.

-Wanda, GA

Your materials and Emails have helped me significantly. I can list a lot of intangibles, but rather than doing so, allow me to say your biggest impact. Your support, Emails, and experience provides me the mental and emotional support I need in supporting my Bipolar Disorder significant other. Does your work matter? Y E S. [to others:] Dave's experience with his Bipolar mom added tremendous intangible value to my life in supporting someone who have Bipolar. He has been very thorough, covering topics as general as the disorder itself to specifics like insurance, interfacing with doctors, manic episodes (looking for triggers...), etc. His information is my main resource now.

-Corey, CA

Hello Dave...Your emails are helping me in many ways. I think they are great. I enjoy reading them. Thank you...I would recommend your information on Bipolar to others , because it will set them up for all of the future problems. Maybe they can avoid most of the hassles.

-Les, Australia

David: Your first letter and #1 in your course was the first tool to capture the attention of my sister to the better understanding of BiPolar than all family members of a victim should have. Not only is your material helpful to me by educating me more in a "layman" capacity; but also valuable to family and friends of BiPolar Disorder The quality is 5 star The content is accurate The devotion to this cause is beyond understanding. The endeavor is the first of it's type that I have found. In the Holy Scripture of the Bible, it is said as a word of wisdom: (it does not appear only in the Bible.) "...do not become weary in well-doing; for in due season you shall receive your reward." Thank you again for providing your time and service

-Simon, AL

It is so good to have somewhere to go when I am feeling frustrated and alone. Some of your advise I have used, but I find that just knowing that I have somewhere to go helps in dealing with my daughter... Thank you David

-Darlene F.

I signed up for the newsletter because I wanted to know more about bipolar. I have depression but years ago I had it real bad and wondered if indeed it was a bipolar problem. I don't seem to have it so severe... I think you are doing a Great job with the information you share in your newsletter. Somebody has to speak up for those who can't and I appreciate what you are doing [to others:] Its always a good thing when some one steps up to help others like David has. He has experience and obviously a heart of understanding and sympathy for those with bipolar problems. I hope you keep on doing this work David. You are doing a great service to many.

-Vickie, NE

It describes all the same problems that we have with our 16 yr old granddaughter who lives with us. It is a nightmare when she goes on her rampage which can last for three hours. I tried to tell them a long time ago that she was bi-polar but not one listened. She is also ADHD which is a big problem in itself...Yes I would [recommend this information]. It is good to know there are others who have the same problems

-Elaine, NE

David, I have used your e-mails to help my husband and myself recognize different signs of my disorder. Sometimes I am fine with no signs, other times I am very depressed and then elated. Finding out certain triggers and signs that my mood is beginning to change has helped us to keep me on the even flow of life. I hope that you will keep this going for me and others like me that you HAVE helped...I would strongly recommend your information for anyone that has Bipolar Disorder. I it a relief to know that there ARE others out there that struggle same as me. I have your e-mails in a special folder to view when i need anything to do with Bipolar Disorder.

-Dawn, FL

Both my husband & son are bipolar. I check my email every morning for your information. It is very encouraging for me to know someone can relate to what I'm going through...I feel you're right on track. Please don't stop sending me your emails. I don't have any other source of information right now, outside of the professionals who hardly give me the time of day...By the way ,I even save all the emails you send & reread them whenever I need to refresh my memory on the different issues. Thanks for helping me during this difficult time in my life. [to others:] We need more than the medical professional's information on dealing with bipolar disorder. We need someone who has walked in our shoes. David highly qualifies as someone who can relate to what a loved one goes through. Also,he provides us with information on many issues involved with caring for our loved one.

-Linda, Canada

Your information has helped me because I have actually sent it to my friends and family to help them better understand me and my condition. Now it isn't so hard to communicate with them. They have a deeper understanding of what I go through and what the day to day stress causes for me. They also seem to be more receptive of my taking medications. Some of my family, however, still play the blame game and I guess you will never change their minds...I would recommend others to read this information, it is logical, and easy to understand. It isn't put into medical terminology and a lot of big words that common folk can't understand. I like that. Some people just want to read plain English.

-Traci, ME

Your emails have helped me to feel better about myself, but i'm so deep into everything that no one can really help me. personally, i think that nothing can help me, but your uplifting words give me something to look forward to when i check my email. now some days i don't feel like reading and just delete them, but when i do they do help. don't let anyone tell you otherwise. there are some people out there who you are helping. don't be discouraged.

-Lali, PA

I have found that your articles have been very informative. Your "bipolar tips" have offered suggestions and insight that I may not have thought about before. I like reading the stories about your mom and keeping up with how she's doing and how you're doing while taking care of her. I'm just amazed and extremely grateful that you have not only done all of this research, but that you are willing to share what you have learned through your research, interviews, and personal experiences AND that at least 98% of the info that you share is FREE! I've learned through my own experiences that the other 2% is well worth the small fee you have to ask in order to share the information. I have copy/pasted (with disclaimers) almost every article you have offered and put them into a folder in Microsoft Word for future reference. (like you said, I may not need that article now, but I may need it sometime in the future) I will continue to keep these articles and refer back to them as needed. Thank you, thank you, thank you from the bottom of my heart. I know one day when my children are older, they will also thank you, especially when they realize that it was your services and articles that helped their mom "stay sane" while trying to raise them on her own as a single parent...I save all of the articles that I can to use for future reference and make copies as needed to pass on to my friends and family to help them understand. I also pass on the website to those that I think can fully benefit from what you offer.

-Kristy, TX

I am working towards my LMHC and am presently working at a facility. The information that I have received so far has been pretty good and I have been able to utilize a lot of it. I appreciate your efforts.

-Ken E.

...I appreciate everything you have sent me relating to Bipolar Disorder. My husband has Bipolar and it has made us both feel that we are not alone in this, as we initially felt! It has truly helped us cope and most of all your information is priceless...it gives one encouragement to forge ahead, and realise that "there is light at the end of the tunnel"!!!

-Jenny W.

David-your information is not a waste. You are a knowledgeable and thoughtful person. I have learned new facts re:Bipolar Disorder. Please continue your course.

-K.M.

Much of the information I know already, because I am Bipolar myself, but I have been passing it on to an online support group that I am an owner of, for loved ones of people with Bipolar. I think the information is great and very informative and will help the members of my group...I would highly recommend this information to others. It is explained in a way that you can understand and you give so much worthwhile information in your newsletters and articles as well.

-Suki, TX

David, I function on the belief that knowledge is power, and so I gather everything I can. I read all of the e-mails you send and I guess "file away" most of the information, because I know I will need some or all of it someday. Currently, my problems and concerns are not always specifically addressed because my son is only 14 years old, and much of your research and articles are problems stemming from the disease at an adult level. But having reliable information already gathered for me on one web-site as opposed to my searching for it myself is really helpful...I have not yet, but would not hesitate to recommend your web-site to anyone who is struggling to do research on this disease and its effect on the patient and their loved ones. We have all experienced the frustration of doing our own searches and not always getting reliable information. Again, you've done the leg work, and that saves me time, effort, and the concern about whether the info I get is reliable.

-Sue, PA

I have found your information very useful, especially for a friend who has been recently diagnosed and has some resistance. Also turned on an old friend with BP. All of us like it and signed up, I believe. Keep up the good work.

-Theresa B.

Your e-mails have given me more resources than I thought were available. I personally can not get enough info about Bipolar disorder

-Kari D.

Dave, Yes your story's have helped me very much!! I was diagnosed with bipolar 10years ago at least and have been in complete denial every since..Until I started reading material on the net.And your articals have helped me tremendous..Thanks...I have recomended your stuff to my oldest daughter whom lives with her father in AR. And I lost her due to my disese.It has helped her so much in understanding her mothers problem.. Thanks Again.....

-Tonia G.

It has helped me by knowing that this is not just a thing that nobody else has. It also has helped me to know what to look for and also has helped my family member to be aware of certain triggers. It has alerted the whole family and we are better able to deal with the outbursts—the highs and the awful lows...you are definitely someone who knows what he's talking about. I thank you for all your information...I have sent your emails to some of my friends and they have said it is helping them and they are printing it out and putting it in a booklet that they can refer to whenever they need to. It also is giving them to confidence (and me, too) to know that we can all make it through this and we can help our loved ones.

-Caryl G.

Dave...Well to be accurately Honest with you your TIP'S & ways to help cope with someone you love who is bipolar Have literally saved my relationship with my Queen. Because before I read all yer info I would take Her manic episodes to heart and very personal and some of the things that she would say were horrible...I almost left her cuz I truly didn't feel I deserved that at all and all this time I've been avioding her bipolar and never asked questions...WRONG..... that was dumbest most careless thing I've ever done in my life (...NOT TALKING ABOUT IT LET THEM KNOW YOUR THERE AND YOUR READY TO COOPERATE AND YOUR LISTINING AND YOUR TRYING...TO UNDERSTAND!! PLEASE MAKE THAT CLEAR IN A MANOR THEY WILL REALIZE YOUR SERIROUS!!PLEASE!!!!THIS IS VERY IMPORTANT..) So I got angry but moreless worried and typed up Bipolar and saw Daves course and he got back to me in half an hour or less and I swear to my god if I didn't read what he had to offer i would of got out!!!And thankfully now she realizes I'm one of very few that is truly there for her and love her and I'll tell you this, that means everything to her and I can truly say things are alot better cuz I just stay calm and talk and exept! i'ts a very hard thing to do but something worth loving is defenitly worth fighting for! So if you need biplor help and your serious you will defenitly come to grips that this is real information THANK YOU DAVE!!!...Well to be accurately Honest with you your TIP'S & ways to help cope with someone you love who is bipolar Have literally saved my relationship with my Queen.

-Adam C.

The Articles I read have been very informative, and gives me the feeling that my son can overcome this disease and learn to live with it. The most important thing i have learned, is that if everybody in the family is OPEN and honest with the bi-polar brother, or sister.... it sure makes life alot easier. We unfortunatly have not reached that point, but feel we are making progress in doing so. Just to read the different stages of Bi-Polar and how each and everyone that has it, is so different has helped. So by stopping all your hard work in helping people, would be such a crime. You can tell by your articles, that you send, you put your heart and soul into this. I'm sure glad your Mom, who has Bi-Polar, had you. That was our first blessing...I have recommended your articles to Family memebers, so we all can learn what there brother, cousin, our son, is trying to deal with.

-Melanie

You material has always intrested me in handliing my own bi-polar experiences, there is always something to learn from someone else'e views and I thank you for taking time out of your life to get this material out to those of us who need and appreciate it...I most assuredly would reccomend this material to others! When I needed help and support over 35 years ago nothing or no-one could help me, they didn't even have a field in it. I'm so very, very thankful some one like you is willing to share what they have studied and learned to make things more understandable now. Thank You.

-Carol V.

When i started getting t he letters I was reluctant to read them but it has helped my aunt suffers from bi-polar also so i sent a few to her and her husband. They truely help us. I always forward any thin I get from you and her husband says it has helped alot as it has helped me also. I think its wonderful to have a support group as there is non around here that we can go to. Thank You...I highly recommend keeping this site up and the emails going. This is the only information people like me and my aunt get. Thank You again.

-Shanna, KY

I am a person who is bipolar and I really wish my family would take the time to read your emails because it is very helpful in so many ways. I am learning a lot of new things regarding bipolar from you by the different articles, etc. that I read. Your material has been very helpful because of the useful information regarding health insurance and all the information on the different mood swings. It is hard to find doctors who help you by really taking the time to inform you on how to deal with bipolar and I get help just from reading your articles and emails. Please don't stop what you are doing, you can't help everyone but you can help some and I love what you are doing!...I have recommended your website to two of my family members because they believe I can control what happens to me and I really hope that they are reading them...

-Y.G.P., VA

Your information that you have been sending me has been a help in many ways. I am now more comfortable with the fact that I have been diagnosed with Bipolar and that I can be a survivor and not let these disorder take over my life. My fiance and I have been gotten a lot of information that would be difficult otherwise to find on the internet or even to read a book and get the same information... I have a much deeper understanding of Bipolar then I did four years ago when I was diagnosed, and even the time leading up to your newsletters. They are very wonderful and it brings joy to my heart that someone is so willing to take all their time and effort to help someone out and help them understand that they aren't alone and that this is just a mild bump in their life and nothing to center your life around. Thank you very much for all of your help...I am very thankful for the information that I receive all the time about Bipolar. It is awesome to have someone as caring as David help you through it all without even really knowing you. David's material is one of the best courses on Bipolar I have heard of or participated in. Thank you.

-Melissa, IN

David, personally I find the info you send very helpful...I myself am bipolar & the info has been great. I print 90% of the info that you send & give copies to my close family & they also think the info is great. Which in my opinion speaks for itself.

-Ryan, NC

I am the mother of a 15 year old girl with bipolar. I like to read every piece of information I can on the illness and other's experiences. This all helps treatment wise and also support wise. There is still very much a stigma on any type of mental illness and one does not feel so "alone" and isolated.

-Sue G.

Dave, I just read today, "many advocates have discovered that the best way to advocate for someone is to that person how to advocate for himself or herself". Your caring and sharing is certainly appreciated by many. Your emails and materials are helping with the knowledge and coping skills that we need. Someone shared the following with me and I thank you for helping with this, "Expect and demand that as new strides are made in finding resources to aid mentally disabled persons in our country, similar strides will be made toward helping and supporting those that are the primary caregivers, the family." Also take pride in what is being accomplished and applaud the courage it has sometimes taken to meet the needs of our ill loved ones." Thank you for keeping us well-informed. We need to learn how to care for a mentally ill person and how to coordinate our efforts. Families new to the mental health system need to know they are not alone. My appreciation and thanks.

-Joanie, MA

Dear David, I want to thank you for all of your very useful and down to earth information and advice. I married my husband just over 3 years ago. We seperated after the first year. I had no idea of what bi-polar was much less how I was going to deal with it. My husband was on medication, so there wasn't anything to worry about...or so I thought. Since going to a very good counselor and the help of your course and research information....we are finally getting our marriage back together. I think we will make it. I now have learned to be pro-active to his mood swings instead of being reactive...which was a normal negative reaction from me. I appreciate all of your information. Many of the articles I haven't had to use, but I save them in a folder for future reference, just in case I need them in the future. Thank you so very much for teaching me about bi-polar disorder and especially for your wealth of information that I truly appreciate. You are a godsend. Thank you again for all that you do [to others:] This course on bi-polar disorder is very easy to comprehend and is written on first hand information and experience. I knew nothing to very little about the disorder prior to ordering this material...and I have to say I am totally enlightened. I would recommend this course to anyone who is dealing with bi-polar, whether it be yourself or supporting the one you love. It has helped me tremendously already, and I'm still learning more every day. David's hard work and dedication has saved me many hours of research and personal aggrivation...and most importantly....probably even my marriage. His course comes highly recommended...I don't know what I would have done without his valuable information.

-Kathi, MN

Every thing you are saying is a help and is not a waste...i have already reccommened this to another person

-Judy, Canada

Hi David...I find some of ur stuff very useful and some less so, but still believe you are providing a very useful service. Keep up the good work...I would recommend ur stuff, especially to those who have very little base knowledge of bipolar.

-Kerrin, South Africa

Yes, I can see myself in alot of the depressive & manic states you describe but alot of information I had researched over the past 2 years. Your information should really help others who are just finding out that they are Bipolar. [to others:] If you have just found out your diagnosis to be Bipolar then Davids information will be a great help to you. You will realize that you are not a bad person but a person with a mental illness. There is a big difference. Some things we just cant control especially without medication & counseling.

-Joanna, SC

The email mini course does provide a lot of info that I think the average person doesn't know...All the information you need to help yourself or family member is in this one place. No more searching for the answers in all the wrong places.

-Suzanne, NY

I now have a more objective view of the illness and it has helped me to dispel superstitious beliefs about it since i live in Africa...I would recommend it to others who need it so that they can better understand the illness.

-Alele, South Africa

I would definitely recommend this to other people.

-Jennifer, TX

Dear David, I have found much comfort and knowledge in your newsletters. I know that this is a lot of work for you and I for one greatly appreciate it. I was found to be Bipolar back in October 2004 when a lot of things were going on in my life. Death of a loved one, anniversaries of deaths of loved ones, etc., my health (I also have Fibromyalgia). I put my family through quite a lot of turmoil in October. I didn't know what was wrong with me. I had to spend a few days in the hospital and I found a great doctor. My life has turned around for the better and I AM ME AGAIN! Your words of wisdom have helped me greatly. Please continue writing. Thank you.

-Terri, NC

Since I am Bipolar (diagnosed only 4 months ago), I find your resources very helpful! Especially when you tell what your mother and your family has gone through. I certainly don't want my family going through that! I live with my mom (since my husband is stationed in Norfolk and all my doctors are here in Dallas)and I relay information to her... I find everything you send very helpful...I would definitely recommend you're information to others! It's great information that I think EVERYONE should read: the immediate family, close friends, the people you work with, the boss. It's great information.

-Angela, TX

you have helped me understand what my son is going through and helped him understand it too. weve been able to ask the doctors certain questions that we have never thought to ask and get the right help. i thank you very much.

-Kelli S.

YOUR IMFORMATION WAS VERY HELPFUL I USALLY READ EVERY ARTICILE. AND MOST HAS HELPED ME WITH REALATIVES, WHO HAVE BIPOLAR. THANKS

-Joyce, MO

you have helped me understand my depression so much more and how it affects every aspect of my life...i would recommend this to friends going through hard times or dealing with difficult family dynamics.

-Linda P.

David,

I have learned so very much from your e-mails about Bipolar and depression. They have been a great help for me. My daughter is still struggling but I know that it is up to her to follow the advise of her doctor and therapist...Yes, I would encourage others to learn from your articles. Although you may not be able to work miracles, you do extend hope, encouragement and suggestions in dealing with our love ones.

-Pat M.

I for one look forward to your emails. I find hope in myself when I read them, they make me feel better. As a bipolar person for 7 years now. I still haven't found that magic pill, that combo for me. I also send them to my Mom who has been my savior and gaurdian angel in being there for me. So, I give you a special thank you for making my day with your emails and info. You make me feel I'm not alone in this and that means the world to me...

-Kathryn, NY

i THINK YOUR INFORMATION HAS BEEN VERY HELPFUL, IT HAS HELPED ME TO UNDERSTAND THE DISORDER,AND HOW TO BE USEFUL TO HELP MY SON WITH THE PROBLEM. I VERY MUCH ENJOY AND GET EDUCATED ABOUT BIPOLAR...I ALREADY HAVE RECOMMENDED YOUR SITE TO SOME OF MY FRIENDS

-Joan, AL

In my opinion,it really depends on the level of the illness and how much that person is willing to learn about themselves and their illness. and how much therapy they had or the medications they are taken. for myself, I have learned some things so it's been just a refresher course for me but for my daughters and my boyfriend it's been a tremendous help in knowing things I can't help them with. so I want to personally thank you...I have already send this to friends who are also dealing with someone with Bi-Polarism.

-Denise, MD

I really appreciate these newsletters and i also share them with friends that are bipolar as well. They are very informative and help so much especially by learning more about the illness . I think you are awesome to take the time to share this information with us...Again i want to thank you for the mails they help so much more than you know...Yes i would as i share the mails with friends that are also bipolar.

-Teresa, FL

I have learned alot of helpful info an dealing with my bipolar and it has also helped people whom I am close to understand it much better. When I signed up for this I had just admitted to myself that I was bipolar even though I was diagnosed before. I read what you had been going through with your mom and realized that I was doing some of the same things, which was a huge eye opener. Thank-You for all the time and effort you put into helping others...I am in a bipolaar group on line and have already pass along your info for them to sign up. All I have heard was good things. Again Thanks.

-Susan, NH

My son is bipolar. He also had brain damage at birth so he has many disabilities. I have done a lot of research myself. I have found your e-mails full of information...You are doing a great service for people who are not informed. Keep up the great work and thank you for thinking of others...I have already recommended your site to the one person I know who might find it helpful. At least there is a site now for people who want help and information about this mental health problem.

-Sandy E.

I get alot out of your site. I kep up with whatever you send out.

-Susan, GA

Dear David...without your knowledge i would have been ready to give up on my son. i have learnd to control my inner feeling of over sensitive for i feel that by learnin what you taught,through your e-mails have given me strenght and hope...What you offer people is your callin don't feel discourage for i'm certain you have helped many many of us who apreciate your time and knowledge. extremely grateful

-Valerie, NY

It has helped me help my mom with dealing with my brother...This is a perfect site for those who have Bipolar or know someone who does. The information is so accurate that it is almost like they are speaking directly to me.

-Lisa, PA

David...YOU ARE Helping Me More Than you Will Ever Know! I Love YOU & the Tremendous Work YOU ARE DOING...You are a light-bearer to so Many, Like Myself, who Are Suffering Throgh A Terrible Nightmare...Don't Stop!!!... You Are a Life-Line For Me!!!...My Husband says your Information Has Helped him, too!!! He ALSO Wants YOU TO CONTINUE!...

-Georgia & Andreas, Greece

I think it is very helpful information, to the patient and other family members. [to others:] If you or a family member want to know your not alone, and there is help, this is for you.

-George M.

Dear David...The e-mails and information you send have been very helpful. I don't necessarily read everything but zone in on things which are relevant to my own manic depressive episodes as well as sharing tips with my partner. [to others:] David's information is current and accessible and allows you to keep up-to-date without doing a lot of research yourself, it's an incredible tool for all those suffering with manic depression and for the people who care for them.

-Samantha, United Kingdom

Dave... I appreciate your material because, I have yet to be diagnosed, but I know beyond a shadow of a doubt that I am... Your symptoms of the manic and depressive stages helped immensely... to the degree that I copied them and shared them with my sister (who also hasn't been diagnosed but felt the symptoms strike home)...You are helping a great deal of people... Sure... all information may not be applicable to everyone, but it is to someone... and that is the key to remember... You are making material available to people... You are a resource... and you have all types of materials that are helpful to a great deal of people... just trust your gut... You got into this to help people... and you are...I would and have [recommended this information]...with both my sister and best friend...

-Hannah, TN

the information you have given is been a tremendous help i even know i suffer bipolar as well as my son were he does not get any get any treatment i am on traquilisers, olanzapine and prozac atci am glad of your help this earth needs people like you. take care

-Deborah, United Kingdom

I learned alot from the material you sent me. I do have a problem with not knowing how to tell my daughter we all think she is Bipolar...I would and do recommend the material I have received to my friends. I could not find any info as through anywhere else. Thank you!

-Linda, MI

It has helped me to understand the way that the disorder affects people and ways to deal with episodes and better understand some of the situations that bring them on. I find your material useful and helpful...I would definitely recommend this information, I have already been sending some of this info to my ex, who is the person I am trying to understand and help.

-Ron, AL

It helped me immensely by listing the common symptoms of Bipolar. This enabled me to see that my friend displayed clear signs of this disorder and allowed me to look at her behaviour in a different way - it helped to take the 'personal sting' away from her sometimes ,hurtful dialogue. [to others:] If you have no information on identifying Bipolar and no idea how to cope with the ongoing behaviours associated with the disorder, these details with help you understand how to cope.

-Maggie, New Zealand

i enjoy reading your emails and information on bi-polar, please don't shut down cause even if you help one little insignificant person in New Zealand (me) you're helping someone and not wasting your time! God Bless, Keep safe,

-Jessica, New Zealand

Dave...Your efforts are sincere and remember you are also helping yourself as well as your family members... [to others:] Dave has a number of resources and website information that is useful for those who are serious about gaining insight. The information that Dave shares is in layman's terms so it's easy to understand and process.

-Jenny, MI

keep up the fantastic work... " you are my angel on earth ". thank you so much for putting yourself out there for people like me.

-Jane, Australia

I have to admit that since my husband was diagnosed over 10 years ago I have read alot about the disorder, so there hasn't been much new information in your package, but on the other hand, I really like to receive them, to refresh my memory and to feel that I am not the only one going through this situation in my life, so keep up the good work and YOU DO MAKE A DIFFERENCE [to others:] This information is to the point and can help those who are starting on this journey and point out the do's and dont's of living with someone with bi-polar.

-Greta S.

I am always on the search for more Bipolar info – I have a Bipolar 14 year old daughter. Any and all information shared is a bonus. Therefore, your info is helpful - and appreciated...I have already shared you website with a few friends with Bipolar loved ones. They also enjoy it.

-P.J.F.

I am a professional, not Bipolar, the information you are providing is vital and I appreciate a site to give to my patients who are Bipolar! Please continue with your work. It is helping other and will continue to do so for as long as you have the site up. Thanks again for your site!

-Nancy B., Board Cert. NP/PA

before i came across your website i had no idea how deep of trouble i was dealing with when it came to bipolar. i knew my husband had bipolar from 3 years ago but all i know of this bipolar was that it was JUST a mood swing issue. i would have never thought that there would be so many other issues that could arise if one small issue was to trigger an episode. you also provide other links to the bipolar world that we are also able to investigate into on our own. this gives me the feeling that i am not pressured to believe just one person. i could "so-to-say" get a second opinion. you give us the many info that we need to get us thru and check into. that is good. not only that but i definitely hate search the internet because it pops up so many websites and i dont know which one is truly sincere and concern and which one just wants my money (which I already give to medication bills and doctors bills...i know more of this issue because of what you had to offer. and it didn't cost me anything to get knowledge. that's all i needed to help my husband and to try and stay positive and focused for him. let alone a bit longer patients for him now than when i didnt understand anything quite yet. if that was the case my husband and i would have been divorced on false prestense. thank you.

-Geraldine, NV

i have just starting receiving info from you a short time ago and when you're in my position (a 17 yr. old daughter) just diagnosed, every bit of info helps!...thanks!...i would recommend info to anyone with bipolar because it lets us know that we're not alone in this and there is help out there.

-Kathleen, PA

The material that I've received thus far has been very informative and helpful. Keep up the good work.

-Janice, TX

I have been able to see how your mothers' bipolar has affected not only her but your whole family financially, physically, and emotionally. Seeing how the different mbrs respond. I have also learned thing clinically that I was not aware of such as how bipolar differs from major depression and bad doctors vs. good doctors (meds)...I would recommend your information on bipolar for someone wishing to find more info that feels they are the only one with a family mbr suffering from bipolar so as to see you are a real person whose mom has suffered ,too. My boyfriend has been diagnosed with bipolar and I'll tell him clips of your info here and there but he doesn't read your material as I don't let him. He is very sensitive / when in an episode takes things very personal. So I wouldn't recommend certain bipolar sufferers read these but they are very informative, educational for the loved ones of the one suffering as we are too suffering and need help but sometimes find it hard to reach out & need to see we are not alone.

-Florence, CA

It has given me a lot of satisfaction getting your data from the drug companies about new drugs to treat Bipolar as well as the latest on research. It makes me feel powerful like a investor...The information you provide is just fantastic.

-Ken, CA

well dave i am starting to go back to church and also starting to meet people my husband and i we are getting to know each other again.my moods are seem to be getting better .so dave dont feel that your not helping any body you are and you doing a good job...1 to 10 it will be the number 10.

-Patra, MO

i think it is great. i see nothing wrong with it. lately i have been so busy i havent gotten to read much of them. but i think as far as i have read, they are helpful...i would recommend this information to many ppl. i think they would learn lots from it, learn how to notice it in others around them, and how to handle them.

-Brittani, IN

Yes. It motivated me to continue pushing people to ask more questions of their doctors about their parents and loved ones...I recommend your information for people who have never dealt with a friend or family member with bipolar disorder, so they know that besides dealing with their own emotions, they have some responsibilities that fall on family and friends to ensure the proper care is given.

-Connie, MO

WELL DAVE, I DO APPRECIATE YOUR MATERIAL ON BIPOLAR DISORDER. MY MOM, JUST A COUPLE OF MONTHS AGO, GOT DIAGNOSED WITH IT. SHE SUFFERED HER FIRST DEPRESSION EPISODE AROUND LAST JULY, AND SINCE SHE DIDN'T EXHIBIT NORMAL SYMPTOMS, IT WASN'T UNTIL RECENTLY WHEN SHE HAD HER MANIC EPISODE THAT THEY KNEW WHAT SHE WAS SUFFERING WITH. I DIDN'T KNOW HOW COMMON THIS DISORDER WAS UNTIL I STARTED PAYING ATTENTION TO EVERYTHING AROUND ME AFTER MY MOM GOT DIAGNOSED. WE WERE FORTUNATE ENOUGH TO NOT HAVE TO SUFFER FOR A LONG PERIOD OF TIME BEFORE THE DOCTORS KNEW WHAT WAS WRONG WITH HER. HAVING GOOD DOCTORS WHO WE MADE SURE KEPT US INFORMED OF EVERYTHING MEANS THAT I WAS AWARE OF MUCH OF THE INFORMATION THAT YOU PROVIDE. EVEN STILL, YOU DO PROVIDE SOME INFO THAT I WAS NOT AWARE OF AND IT MAKES ME KEEP MY EYES OPEN. FOR THAT, I DO APPRECIATE YOUR EFFORTS...I WOULD RECOMMEND YOUR INFO TO OTHERS BECAUSE EVEN THOUGH MY MOM HAS PRETTY GOOD DOCTORS THAT KEEP US INFORMED, THERE IS SOME INFO THAT YOU OFFER THAT I WASN'T AWARE OF.

-Shontee, MD

Your information has helped me very much! I never really knew too much about Bi-polar disorder and that is why I signed up for the newsletter...

-Jenn C.

Your material has really helped me stay on top of all the ne things coming out about bipolar and related subjects.

-Thea, Canada

I had no idea what Bio-Polar was before I contacted you. I felt alone, and helpless with my wife and her disorder. I am now more understanding and supportive to her. Which in itself makes her fell more excepting of her disorder. Dave listen to the majority, and keep up the positive out look and information. "Most of us need support. I have never expected you or your information to help my wife get over her disorder. I have only used your information as a means to cope and be more prepared for the inevitable swings. I believe that being informed and prepared is the best help I can be to my wife. I leave the rest to her and the professionals. Thank you Dave...Yes. I have already passed on your program to my Mother-inlaw. And anytime I run in to others with simular situations, I pass on your name.

-Clinton, NV

The information has given me a chance to help the support group I run with issue they have to deal with on a daily basis. Such has buying diability insurance, saving their credit, understanding their emotions. I have gotten much out of you newsletters and I wish I had some of this information when I first became ill in 1984. Thank you for your guidance and helping me help others... The information from this BiPolar newsletter helps keep me on the right track.

-Ruth, IL

...i have been reciebing your information and i tell you what i have bi-polar disiorder and i love your information it kinda gave me like a heads up as to what would happen and how to handle certain things i let my boyfriend read it all and he helps me no matter how bad the bipolar gets he says we will deal with it and handle it togehter i love your information before this i didnt know how to explain bipolar to him with your information he understands it he reads it and we are moving out and getting married thank you so much for being worried about people and for wanting to inform people about this kind of stuff... i would definitely reccomned this information it helps you explain what bipolar is if you dont know how to explain it and it has made my life beeter and my bouyfriend and i are gonna get marrie cuase he know knows how to inderstand bipolar

-Sumer, NY

I really enjoying you sending to me valuable information on Bipolar Disorder. This way it have open my mind to be more educated and aware on important information I never knew existed out there. This help me a hurting mind to understand better. Please keep up the good work and continue to send and reach out to others people. I thank you"

-Sheila, TX

Of course your info has helped me (and others I'm sure!)...Yes, I highly respect your info and really appreciate this since I own my own bus. and don't have time to research, I am grateful you have done this for me and offer to share, what a great person!!! Thanks very much!!

-John, FL

Given me hope that there is help for my friend, guided me on how to help...Yes I would recommend it to my friends. It can save marriages, friendships and relationships. The internet is HUGE but finding you was God send.

-Sobia K.M.

While not all the material has helped me every time there has been some very good information shared along the way. It has made me feel like I'm not so alone in what I'm going through with my daughter. ...Thanks for all you do. It is appreciated.

-Cheryl S.

My guy friend suffers from bi-polar condition and I always get useful tips on how to cope and things to say from all your info. ...I also learned of your book about dating someone that has a bi-polar condition and it was most helpful. Thank You and keep up the good work...I just found you site desperately looking one day and I have found things that are useful so I would assume others could also.

-Jane, GA

I had no way of knowing were to start to get the help I needed for my son he is now 21 and living back at home with his girlfriend.I have now regained control of his meds and I see a good deal of improvement in him.Until I got your book and e-mails I never thought I could get legal control of him or his life.(the girlfriend does help a great deal in watching out for him when I'm at work)This is a full time commitment.Your info has also helped his dad realize that this is real and not a cop out to life. Thanks Tammy and Pete (parents of a bipolar son)...Yes I would recommend your info to others.Most of us are in the dark about WHAT Bipolar is let alone how to get the help we need to keep our loved ones with us for many years to come.Our son spent most of his time thinking about death now he is thinking about ways to move on with life. Thank so much

-Tammy and Pete, CA

dear dave... thank you for all that you do..i may not of had a chance to read all your emails but i have saved them till i can.....keep up the good work...yes i would already have [recommend this information] to people i thought that might be able to benefit from this web site please keep up the good work and all the best to you

-Kim C.

Any info on Bipoplar is helpful...although I have not read all of your emails yet, due to my time frame...I find it useful if not for the simple idea....we learn from everyone...I work in the mental health field..and no 2 people are exactly the same...keep up the path you are on in your desire to help us out there that need some info...

-Cathy, OK

You have helped me deal with my daughter who has Bipolar Disorder...I have two friends who do not own computers. I made copies of your post and gave it to them. Both of them asked me to continue to copy all your post for them. One of them has Bipolar Disorder. The other one has a sister who is bipolar and she thinks her mother may have been. The info you send is helping her to understand her sister better. Thank you.

-Suzanne, TX

All bipolar disorder information is quite helpful. I grew up with a bipolar person, who has since passed. We continue to have a young bipolar female in our family. We have used your information to assist a person we all love. The information continues to give us insite into assisting this person and ourselves. Please continue with your great work. Thank you.

-Andrea B.

your material on bipolar has help me alot it has help me to understand more about manic episode...Irecommened it to all my friends and whoever has bipolar .I like the things you sens me done listen to what other people saids as lond as youhelp someone than that should be good enough .and let me say youhave help me and thanks again

-Mary, WV

i thought it was very informative. i have found a lot that i can ask my sons dr about... i have actually recommended this to others.

-Debbie, MA

I find your information most helpful. I, myself, am struggling with Bipolar Disorder, and find that education is half the battle...I'll be sure to pass along your information to others I meet who are Bipolar (and/or their family).

-Talitha, OK

DAVE, THANK YOU FOR THE GREAT INFO. ON BIPOLAR. IT IS VERY HARD TO FIND ANYONE WHO HAS KNOWLEDGE OF THIS DISEASE. BECAUSE OF THIS, I SELF MEDICATED, ON TOP OF MY MEDS. AND BECAME AN ALCOHOLIC. I DRANK WHEN I WAS DEPRESSED TO FEEL GOOD, AND DRANK TO KEEP THE MANIA GOING. AFTER SPENDING 30 DAYS IN MARWORTH, THIS SATURDAY, I WILL BE CELEBRATING 90 DAYS CLEAN AND SOBER. NOW I FEEL THAT MY MEDS. ARE REALLY WORKING TO MY BENEFIT SO MUCH THAT MY DOCTOR REDUCED SOME OF THEM. THIS IS A GREAT SITE, DON'T EVER GIVE UP. THANK YOU...I STRONGLY RECOMMEND THESE ARTICLES TO ANY ONE WITH BIPOLAR DISORDER. IT IS A TOPIC THAT IS RARELY TALKED ABOUT IN PUBLIC. PEOPLE DON'T EVEN REALIZE THEY HAVE IT BECAUSE IT TAKES ABOUT 1 YEAR OF CYCLING TO DIAGNOSE IT.

-George, PA

Yes, i have appreciated all the news and information you send to me. I had been in a hypomania for a few months and now in the depression so it has helped me feel connected and to read about my illness. so please keep me on your list. i just signed up for julie's newsletter that i would not have known about if you had not sent me your up to date information... I am a retired Psychiatric Nurse and worked with many people with a bipolar disorder. The only one I have trouble helping is me. I also have Bipolar DisorderII. Your mini course has helped me put things in perspective and understand myself better. There are times I still want to give up but I won't as I have a 25 year old daughter and a 27 year old son. They have been very supportive of me over the years. I have sent some of your info to my daughter. I don't think you are wasting your time. I am sure you have helped many people... I think the fact that you love your mother that you do this is great. Don't give up.

-Bob M.

I have enjoyed your newsletter. there are some very interesting and informative messages to those who have Bipolar or have a loved one who has this devastating disorder.. Please continue your good work.

-Erika S.

Dave, your information on the Bipolar Disorder is great. And has helped me out TREMENDOUSLY. My Boyfriend is Bipolar, and it has helped me to understand and deal with him ALOT easier. You are doing a GREAT job. Keep up the great work!

-Nicole M.

Dear David, It is a lot of work. So is dealing with a bipolar daughter. I admit that some emails I don't get much out of, BUT, the ones I do are more than worth the ones I don't. My daughter is in a boarding school with a lot of structure. She is about to come home for her first summer to a house full of artists and musicians. Your emails help me stay on track because her manipulation skills are so finely crafted. Your program also helps me feel connected, not so alone in dealing with an imbalance I do not understand because I am not bi-polar. My husband is, but won't admit it. My daughter is about to turn 17. We've already had drug issues, "I don't want to take medication" issues (over and over again) you help me not forget what is so typical bi-polar behavior. If you only email me, please do. I can't thank you enough. Bi-polar makes people angry. There are always those of us who want the magic answer, even if it doesn't exist.

-Nancy, TN

Yes David I find the material you share helpful. I have bipolar disorder. It isn't easy for me to read at present because I am in a manic cycle. If I can't evaluate what you send I simply put the e-mail in a folder marked bipolar and it is there for me to look at when I need some information. How hard is that? I appreciate your concerted effort

-Heidi L.

I haven't even completed reading your entire manual yet and it has already helped our family. It has helped me feel more confident when dealing with doctors, given us ideas we haven't explored before such as getting a therapist for my brother and provided resources on getting medical/financial assistance...Your information has been a huge benefit to our family.

-Jon H.

Your material has helped me understand that there are different types of bi-polar disease. Also that this isn't a rare disease and that I have no reason to be ashamed. I'm starting to recognize when my moods are changing and I am therefore dealing with them better. My daughter is also bi-polar and I am beginning to understand her better and we are getting along better. I believe I can help her handle her illness better if we are both educated about the illness. Thank you David [to others:] Knowledge is Power, learn all you can by taking the free course. You have nothing to lose and everything to gain.

-Molly, NC

Your material keeps me positive and hopeful. Also, I stay up on current legislation, etc. that affects bipolars. I also bought your "ways to make money" program and I am about to begin collecting debris around my hometown to make money. Thanks for this idea and all of the others...Yes, I highly recommend your information. I get LOTS of great information without ever having to pay a penny.

-Susan, NC

it has helped me alot because before your emails I didnt know much at all about bipolar...your information is interesting and easy to understand

-Raxi

Dear Dave. I have gotten your letters and it has helped me alot. I have been fightten bi polar disorder since may of 2004 and my family has had a hard time dealing with it. I show your letters and such to my family and its has helped them understand what it is and how they as my family can help me.. so I just wanted to thank you personaly.

-Jennifer, IL

...Keep up the good work...Thanks for all your effort. We whould be so lucky to have more people like you in this world, it would definitely be a much better place to live in.

-Violet, Canada

Some of your information I find interesting. However due to overspend from higher moods I cannot afford to subscribe to your course! I always read in the hope that some day, someone will find a cure for this dreadful affliction, which even with a lot of effort from me remains.

-Alison B.

Dear Dave, There are many people with bi-polar disorder who are literally walking around in the dark. They have no idea what symptoms to look out for or what to do if they occur. I've seen desperate families and have helped them navigate the frustrating mental health system. I have not read all of your information but I have forwarded it to other bi-polar individuals. As people go through mood swings they can become mean, irrational and lash out at anyone. There is no cure and treatment takes so much time and effort it is disheartening. Please do not be discouraged there are so many who can use any information they can get. I am bi-polar so is my daughter and so was my Mother. It is beter to light a candle to provide a lantern in the darkness than to walk this path alone...I already have recommended this site to others and will again. All the knowledge you can get is a good thing. It helps families understand.

-Maria, LA

Well, I have been seeing a psychiatrist for years now (probably 11-12) & I am diagnosed with Bipolar 1, which has now caused me to become unable to work because of rapid cycling. I enjoy reading your info. as it is very detailed & interesting, & I print alot of it out for my disability folder...

-Angela, KS

Your information on Bipolar has helped me in that it is in everyday layman's language and gives more specific and varied information to what I have found on the internet and in books. I am Bipolar 11 and have not found very much information on this form of the condition. Please don't stop this newsletter that you do as it has some usefull information. Obviously not all is relevant to everyone but each person has different needs. Thanks.

-Tova, United Kingdom

Your Material on BiPolar has helped me and is not junk...I look forward to your emails because it helps me understand BiPolar keep sending them thanks!...I would recommend the BiPolar info to anyone I already had my sister sign up and it is helping her understand my issues better. Thanks!

-Maryanne T.

Dear Dave, I have been diagnosed with Bi-Polar now for 14 years...Please continue your work. It is very educational and sometimes it is just the thing I need to keep on track. To me, you are a God-Send to me and my husband. We will celebrate our 1 year anniversary on July 4th. Thank you for helping me help my husband to understand this life threatening disease...I have given serveral friends a family you newsletters and links. They have been able to catch me when I have been unable to catch myself. Two of my very best firends double check each day for new news from you and your help course.

-Brandi, TX

You have helped me learn that there are a lot of ignorant people out there. That is, people don't know what bipolar is and they think that people who have this disorder can simply think themselves well. If more people would learn what bipolar is then maybe it would be easier for people that do have it to get along in this world. It is a chemical imbalance and not something that anyone should be ashamed of...Yes, I would definately recommend it to anyone who has an open mind and willing to learn.

-Wendye, TX

I was inspired by your website. It said that there is hope when one of determined to face reality and believe there are solutions somewhere. In your asking, seeking, knocking, you found answers to your needs. Not that you/we live problem free, but that we can choose to love those God has blessed us with, to not abandon them in their times of need and to walk with them thru their situations into the light of life. In that, we fulfill our callings – to be salt and light. David, if you believe you are to offer this service to the benefit of others, then that is what you do. In fact, it is probably when others say nothing, or some are critical, that it's imperative that you continue – because you believe in your heart that that is what you should do.

-Jo, WA

Gets me through the times when I am at a standstill with those I love...I love the info. With a daughter and husband with the same problem it is my reality of information. Makes all the difference when I am feeling like I can't take it anymore. Please know your emails make a difference to my family.

-Holly W.

Hi. My name is Katy. I am 16 years old and I was researching biPolar website, because I think i have it. Your information really has helped me understand the full effects and symptomts and such of bipolar disorder. thank you. it is not a waste of time, i assure you.

-Katy, WV

There have been some really good points that you have sent. Some of them were things that I already knew, but others have been really helpful. You have said some things that really made sense but that I had never thought about before...I think that there are a lot of other people that could benefit from your information.

-Laura, OK

I receive all your e-mails and even though my husband has not been diagnosed for bi-polar, I can actually say if I had received this e-mail 5 or even 10 years ago, I would not be sick myself. I am getting better. Your Information is invaluable. Its helpful, informative, and very easy to understand

-Jenny, IL

David, Your material has been a trememdous help for me as my wife is not only bipolar but drinks a lot as well. Your material has shown me there is a better way than just yelling and accusing. She is now seeing a therapist and has shown signs of improvement. The alcahol part is the worst. [to others:] David's course along with his personal attention and dedication to his clients and everyone in need is very amazing and unusual in this modern age where most people only think of themselves. David is always thinking of others and has dedicated his lift to helping others. I highly recommend his courses.

-Calvin, KS

YES!! I have a much better understanding of my bi-polar daughter and how to deal with her , or not deal with her / be "pulled in" to her episodes.I only wish I had this kind of information when she was a teenager! (of course, she was not diagnosed then)Don't give up David! Your information is priceless, God bless you for all you do!...I would recomend this information to anyone bi-polar or dealing with someone bi-polar to help them understand and not "lose it" themselves!! wish I had a way to share this with my bi-polar daughter's husband. (they don't have a computer & I can't afford to print or purchase anything at this time)=o]

-Debra, AZ

I do appreciate all the information that you put out. I believe my husband which is bipolar has recognized the things that has affected him. Which I am very grateful to God for this. Thank you again .

-Lenore, TX

yes you are helpin me a lot, the information you supply helps me know its not me gong crazy, but now I know what he is going thru. (I am a support person for my husband that is bipolar)...I would recommend this information to anyone who is going thru living with someone with bipolar. Its is so hard to deal with sometimes, but just knowing that someone else has experinced it help me to undrstand what to do in situations.

-Rana, NC

Since my husband is only newly diagnosed with Bipolar II, you info has helped me to begin to understand his illness. It has also helped to lead me to other sites to search out more info...Yes, I would recommend your information to others. The Bipolar disorder is not understood well by the everyday person. Sure everyone has heard of manic depressive disorder, but do they really understand the underlying causes and the tremendous effects it has on ones' ENTIRE life? The info you provide helps a person realize that things can get better.

-Pam, OR

My family is like an ad for bipolar disorder, according to my and some family members doctors. What you give is helping...I no longer feel so hopeless when I begin to spiral, and I'm not afraid to ask those around me for help. I always felt "outside"...your emails have shown me that my brain just dances to a different drummer! Thank you, David!

-Nancy DeWitt, CA

Yes it has I believe my mother and father are bipolar and I believe as a child you can learn the behaviors of the illness and not be ill...Your information has help me learn about the disease my mother is gone but my father is still alive and struggling daily but his episodes have not been as bad. I know how to reconize his behavior to his episodes.

-Roberta, CA

It has given me the stength and knowledge to accept what I have and to learn day by day to live and understand my illness. It has taken me years and financial disaster to accept that me of all people have a mental problem. I have mentally and verbally abused my husband of 15 years and he has stuck by me. Only God knows why. I would like more information either by emails or free mail... I have lost everything including my job. My husband is doing his best just to keep a roof over our head and food. Bottom line, I am learning from your emails and read them when I receive them. I am asking you to keep me on your list.

-Elizabeth Newby, NC

Yes, Your Bipolar Disorder material has helped me. The material has made me more knowledgeable and It's good to know that there are other people in the world who has had some of the same or similar experience as I have. Also, I feel it's good to know how another person may have had handle a similar situation and maybe the next time my family member has a episode I can try something that I've read from your material...Yes, I would recommend your information to others. I feel it is very helpful especially when you know that there are other people in the world that may be experiencing some of the same problems that you have and the suggestons of others may be helpful. The information was very helpful to me.

-G.J., MI

Just knowing someone out there has the ability to put into words the frustration and uses similar concepts / strategies I found to work is helpful and reassuring. Reading your emails helps me better understand the person I am trying to help. I have been able to get myself removed from the list of people in the "Conspiracy" against my house guest, I just do not know for how long [to others:] Not all strategies work for all people, or every time, be open to suggestions try something, if it doesn't work try something else. If you find something that works let others know. This is a living on going process, after all bipolar is an ever changing evolving disorder.

-D.B., PA

I needed help understanding just what was happening to a bipolar person. i think you emails are very informative and of course not everything is usable but i am intelligent enough to see the ones that help me and to have the others if and when they are neede. thank you for the course...although i do not deal directly with a bipolar person, it is in my family and i want to know all i can about the disorder. Because I think being informed ishalf the battle. I want to be aware of how i can help and what may be a trigger to this person. i feel I am responsible to know all i can about it. not just dismiss or leave to others to take care of. This course gives me basic knowledge about disorder and I can choose areas to seek more info on.

-Pat, OH

Yes, I have befriended a lady whose husband died last fall and who when he was sick they borrowed quite a bit of money from us - it was not until a few months ago i realized along with her other diagnosis of mental illness that she shared with me that borderline – personality disorder was the biggy. I have had to back off but not desert her and have helped her to find friends. Your articles and information have been a big help in giving me some wisdom to know how to set boundaries and to be able to see what it was she was doing with the manipulatiing - lying etc....Thanks

-Lou, MN

Dave it has opened a new understanding to this illness. It has helped me to explain my actions to my family in a easy to understand way KEEP UP THE GREAT WORK...I would and have recommended your information to everyone i know.

-Doris, NH

I consider your material helpful in that it opens the discussion on mental health which needs to be addressed. The danger that I see is people self medicating. My daughter sufferes aged 36 I decision making is always to first indication a very understanding GP is the first step...

-Paddy Power, Ireland

Dear David,

Your free e-mails have helped me more than I can say!...your free info has been a lifesaver in understanding this terrible disease! I am so, so happy I happened on your web site. I left my husband four months ago, as his rages had escalated to a really, really scary point...My 2 girls and started having contact with him again a month after I left, as he was wanting to cooperate. He has been on Seroquel for over 2 months now and is seeing a psychiatrist...He is doing moderately better...On most days, we actually have a good relationship now. He will invite me over, cook for me, watch DVDs, etc., and we talk on the phone a lot...Here is how your free e-mails and recommended online bipolar sites have been a miracle to me! I had never, ever read so many behavior descriptions of people with bipolar (many of them about your mother and others on other sites you recommended). They hit home like a bolt of lightening, i.e., the screaming rages, lying about friends and family, going into debt, losing jobs, eating a lot of junk food (especially sweets), and the most important one recently, the description of your mother saying your dad had thrown a fork at her and after nine hours of argument still convinced it really happened (the night my husband put a pillow over my face, he said that I had thrown a bowl of hot soup at him and that he has a scar on his shoulder...of course, it never happened)...Reading your info about bipolar is like you are a fly on the wall seeing my husband! I just couldn't believe it! To know my husband is not the only bipolar person doing these "crazy" and weird behaviors and knowing there are other like me has helped me more than anything else...Anyway, thanks, David, for opening up my eyes about this disease and helping me see there are multitudes of people going through the same thing my family is going through! That alone is priceless!

Sincerely, Wife of a Bipolar Husband

P.S. My 12-year-old daughter just today was diagnosed as having bipolar (she herself goes into rages) by a WONDERFUL psychiatrist for adolescents. She WANTS help. She does not want to be like she is and especially does not want to be like her dad....

-Susan, GA

Your material has given me a better understanding about bipolar, and what I might watch for. There are, of course some articles that are of no help to me, now, but I may need to remember them in the future... Yes, I feel your articles can be a great help, and encouragement, to those, who are dealing with bipolar.

-Dwane, MI

Dear Dave, First, let me say that without your information on-line, I would still be second-guessing everything and I would still be blind to all of my significant other's ways. Your information has helped tremendously and it has helped me to speed up my own decision making on each individual day of events as well as wholly for the relationship. ...Your information has helped tremendously in giving me direction as to what he has, what to expect, and it helped me to know that I'm not alone in what I was dealing with... In the meantime, I have been doing (interestingly enough) the same thing that you wrote about recently, ...making sure that I don't catch bipolar disorder as it's easy to forget my own goals and become bipolar bait, so to speak. If I don't take care of myself right now, emotionally as well as by setting other goals for myself, I will be drowning in sorrow from his statements of "leaving, not leaving, leaving, not leaving right now, leaving soon, but not at this moment" etc...as I have learned through life experience and books, that many of non-committal men do that. I am trying to be healthy for myself and stable for myself right now, despite his actions. Thank you for so much information and the giving of yourself to the public. I will keep reading and responding from time to time even when my other half is gone.

-Caprice, FL

well almost all of the situations you speak of I am experiencing with my girlfriend who has bipolar disorder [to others:] I would recommend David Oliver's info on bipolar disorder because I can relate to all of it. It's been very helpful

-Nicholas, CA

At this point my son's situation is unsure, in other words, we are not sure he is bipolar or not but regardless...your information is more than informative. Even if we take a little info here, a little there, it is still useful be it a little or a lot. Some folks can use what I don't need and vice-a-verse. Keep up the good work....I would [recommend this information], simply for the fact that mental health care in this country is a shambles...my wife has a masters degree and a license to practice in Texas and is going back to school for another profession because insurance has just about made it impossible to practice mental health and make a living in this great state. Your information is a service to a suffering public.

-Robert, TX

Hi David,

I am extremley grateful for your support and concern. I am in a really dark place, my wife(and mother of 2 daughters, aged 7 and 4 and 3/4's!)has just left me. I live in the UK. I suspect strongly that she suffers from Borderline Personality Disorder...

-Duncan De Vries, United Kingdom

I do not have Bipolar, however I do know three people that does. Your material has helped me understand more about Bipolar Disorder. I have read several articles about Bupolar, I think yours brings things "DOWN TO EARTH" as to say. More understandable, due I guess to the fact that you go through it with your mother...Thank you , and I will continue to read your material...yes [I would recommend this information], and I have

-Suzanne, GA

Dear Mr. Oliver, Please continue to inform and keep us educated on this subject as it has helped me with a better understanding of my son. I've always said it takes love, patience and understanding with our loved ones however, education is the key factor in re-inforcing my motto. Thank you for you being here. You are a God-send!...Yes, if I knew someone else who has a family member suffering from this, I would definately recommend your information.

-Shari Smith, VA

Dave, Just wanted to tell you keep up the good work. I know it takes alot out of you and your life,but God has a reason for you doing this. God Bless you and keep your head held up cause you are doing a great job...Thanks for all the emails and have a great and Blessing day...I have sent some of your emails to a few of my friends.

-Donna, OH

Your material is extremely helpful. I believe my husband is suffering from some sort of mental illness. Research into bipolar and OCD makes me fairly certain that is what's happening to him. He refuses to see a doctor, blaming me (and occasionally the kids) for all his problems. Your comments on trigger points was especially helpful. No one believed me when I told them that the words, "I need you" would trigger an extremely violent response from my husband. I learned that at some point during the day, a minor argument or disagreement would blow into physical and verbal abuse. I no longer try to express love for my husband by using those words - but I have noticed he tries to make me say that I need him - thus justifying another big blow out. People who don't deal with a loved one suffering from bipolar think that I am crazy when I try to explain this...I would gladly recommend your bipolar information website to others. It has been extremely helpful.

-Elizabeth, FL

I would recommend that your information be sent to EVERYONE that has contact with someone with bipolar disorder. It is a shame that people do not take the time to understand...

-Kimberly, FL

Since I suffer from bipolar II, I understand that my illness may be less severe than others; however, since receiving your emails, I have started to understand why I feel the "need" to argue, why I need to continue taking my meds. even when I feel they are doing no good, what I can do to help myself, and what things may act as a potential trigger. I have no real support system (or supporter) in place so your information has helped me to help myself...I have suggested your material to a number of individuals with bipolar disorder, their families, my family... and even to my doctor for extra information and reading.

-Sarah, KY

Dave, I feel like you and I are friends sometimes. Yes, your material has helped me with coping. My son is sick, and he is making myself and his brother sick. I look forward to your emails and as much as they give me little hints.. I do hope for those you come in contact online, you continue... Hang in there Dave, you seem like a great guy!...I would recommend your information to others! You, from your past experience can give insight to those who need it.

-June, NY

I like reading your material very much it helps me to understand it better. because my daughter has bipolar...I would recommend these books to anyone

-Madonna, Canada

totally enjoy your emails--so much information!!

-Lynn, IL

It has a lot of good information and I would recommend it. My son was diagnosed about 6 years ago after my husband died. Your experience with your mother reminds me how important medication is. It is good to be reminded of this.

-Patty, TX

Dear Dave,

My name is Debbie and I have bi-polar, manic-depression. I think you have helped me because what you have said has helped me take a good look at myself, and maybe start to stop and think a little before I act sometimes now. Because I do have a lot of people that I care about and that really care about me. And I really don't want to hurt them but sometimes it just happens. But when I take my meds, like I am supposed to, I do real good. My children are the most aware of that. So thank you for what you have done for me, at least.

-Deborah Smith, MI

Your material has been very informative and gives me hope, even though I haven't bought anything yet. I plan to. I am a sufferer of bipolar and I think my son is too. The episodes you speak of that your mother has validates to me that I have probably been misdiagnosed and should speak with my doctor about this. I also like to read the articles and go to the website and blogs. Thanks for all your hard work...Yes I would [recommend this information] I have been trying to figure out a way to get this information to my mom who believes that I am just lazy and crazy and that people with depression and stuff just don't want to do anything worthwhile. I am working on a brochure to snail mail to her cuz she has nothing to do with computers... Most of the info will probably come from your newsletters and website.

-Amy, NC

Dear David,

...I can't begin to tell you how much you have helped me, in understanding the illness and the importance, of having contingencies, in dealing with episodic occurrences, for my son Benjamin Jr. Your free course has been very helpful and I'm very thankful. It's been two and one half years and he hasn't had an episode. But I'm always on point. The cross that you have willingly undertaken is the epitome of love, sincere commitment, perseverance, and loyalty, toward your mother and the illness that has befallen her. May God bless you David!...I would recommend the information I have received from you, on Bipolar, to anyone with Bipolar or anyone who has a relationship, with anyone who has Bipolar. I love the way you apply your life's experiences, to Bipolar. That's why I'm able to relate, to the information, because it comes off with so much sincerity and relevance.

-Benjamin, NY

receiving your emails everyday gives me something new and interesting to read, as well as learn from. i do take something out of every email and truly believe that i would have left my boyfriend for now if it wasnt for the 'support' that you offer. i understand so much more about bipolar now and understand why he is the way he is sometimes. thank-you...This information really helped me to get over and clarify a lot of questions i had that couldnt find the answers to anywhere else.

Nicole, Australia

I am more aware of how important it is for my wife to take all her meds on time every day also I really liked the article about the lawsuit adds in the media and the confusion they cause. Thank you for all your hard work and time you've devoted to this cause. You are not wasting your time. I've been through the wringer with this disorder my entire married life and I for one am thankful for the information....Of course I would [recommend this information].

-John, MA

the information you have given me has helped me understand my husband's illness alot. I am a former nursing student and had studied the information a few years ago, but the information you have sent me has brought everything up to date. Thanks for everything.

-Tonya, NC

It is very helpful and is a great help for those who don't understand the disorder. Like my husband. Thank you very much for the emails, please don't stop send them out....With out a doubt [I would recommend this information]!!!!!!

-Linda Ellison, WV

I found your website and am reading what you post. It has helped me and my daughter who is bipolar to understand her illness better...Even if I don't buy your items I am still getting information I can use. I pass a lot of your emails along to my daughter.

-Rosalie, OK

I have read all the material and it is very interesting. The thing is, I'm not sure my loved one is bipolar. She has not been diagnosed as bipolar and she may be suffering from depression and/or abusing drugs. Your information is helpful in determining whether she is bipolar and to what extent. She is only 22, so the situation may worsen or improve with age...Definitely I would recommend your bipolar information. It is very easy and fun to read, thorough and informative. I like your friendly and personal writing style. Thank you very much.

-Kim, CA

It has helped me so much in understanding that we are not alone in dealing with this terrible dis-order... Keep the faith and may God Bless You and your Family...Yes, I would recommend this to anyone that is dealing with this dreadful thing call mental illness. If you have bipolar or you are a care-giver, we need responses from other people dealing with this, as it is not going to go away.

-Pat, GA

It has helped me to understand my family. I have an aunt who refuses to take her meds...I have sent your stuff to one of my aunts who has several people with bipolar to deal with.

-Maggie, KS

It has been very informative and educational for me. I have looked for this type of information for sometime and it is really nice to have your emails.

-Laurell, WY

You have done well. I dont have a success story for but I must tell you that you must not give up. Dont allow no one nor nothing discourage. Keep on doing what you are doing...If I know of people who want to know about the subject I will recommend your information to them

-G.M.T., Kingston

Well, I think your course is very important. I'm a health public educator from Puerto Rico, so teaching is basic in everything in life. You are helping others doing this. I'm learning a lot about this condition. I learned that I'm not bipolar, I have a GAD (general anxiety disorder), but my Dr. and me thought for a moment in bipolar, but thanks to you I know now what is my real problem, so my Dr. and me are working in this. I recommend this course to another person in Puerto Rico who is bipolar, and I want to help him. I think you are doing a great job.

-Lissette, Puerto Rico

its helped the more information i can read the more understanding i have this is the first site i have found taht is giving me imforamation i can use i have been bi-polar for 15 years without any sing of imporvment im hoping your site will help dont give up i need your help please send all the e-mail you want.

-Brenda H.

Dear Dave: The material on bipolar disorder has given insight on a subject that I previously knew nothing about. I just met someone and they told me of having to deal with this most of their lives and not knowing what it was - went on the internet and came accross you site - I've learned alot from this material. With good fortune, may never have to use it but at least have insight now on what not to do, what to look for, signs of when things may be starting etc.... Keep up the good work - you are making a difference...If someone was looking for current information on this subject—your site would be the first I would recommend. The news letter, up to date information, current issues...are great tools.

-Veronica, Canada

It has helped my husband and children understand me and my moods a little better. It is improving my marriage by giving my husband access to this information. Please don't stop doing what you are doing.

-Dina S.

I like knowing that somebody else has been through what I've been through and understands it. I like hearing how other people have dealt with being bipolar...I don't know anybody else that is bipolar but my family and my boyfriend read the courses with me so they can better understand me.

-Jamie, UT

I have bi-polar disorder. I have received some good inf from some of the articles under bi-polar news. The inf in your mini course was inf I already knew so there was nothing there for me. But I do look for inf. to pass on to my family if there is anything else they may need to know that is new.

-Peggy G.

Dave... Yes, your information has been incredibly beneficial to me. One example. Fish Oil...So, is your information just helpful? Naahh. I have to agree with what I have seen you post from many people you have helped. It's life restoring! In my case I can't say it has been life saving as my crises came before I found your information. Nonetheless, your information is greatly appreciated by me and those who love me...I passed your information to my friend shortly after I started receiving it...You'll be hearing from her too. Thank you again David, from my heart, for all you are doing for me, and for all of us who suffer this awful illness.

-Ernest, NC

I look forward to every tidbit of information from you. I have very few sources of help as a caregiver and have learned so much from you. Thanks and keep up the good work. Please!!!!

-Lynwal

Yes, it certainly has. I am a doctor and still appreciate all your personal insight into this disease...My wife has bipolar disease and I know from personal experience it sometimes takes the patience of Job to keep at it. Not only does she have bipolar disease, she also has a seizure disorder, had a car accident with a back fracture, is in chronic pain, and has a connective tissue disorder - I have my hands full! I truly need a place to go where I can "learn the latest" and feel comforted that I am not alone. Thanks again for all your help—and please, PLEASE keep at it!...I would recommend your information to anybody who is taking care of somebody with bipolar disease.

-Dr. David Henson, TN

Dear Dave

Your material is helping me a lot and it has helped me understand certain things about Bipolar. I even convinced my friend not to skip her medication anymore, because this made her end up in [the hospital]. I speak to her on the phone almost everyday and managed to convince her to take her medication everyday and she promised. And now she is doing very good and she wants to come back home...I think people need to understand and accept that there is a sickness called Bipolar. Because i only learned about it when my friend got it. Basically what i mean is people should be educated as is done with HIV/AIDS, TB and CANCER... Thank you Dave for the info.

-Felicia, South Africa

My very important person and I have been dealing with bipolar for over 10 years now. Honestly I find most of what you say very basic and it's stuff I've already come across. I continue to read it though because you never know when you may come across something new or different from what I have heard that could be extremely relevant to our lives. It is my opinion that your information is probably most helpful to those who are newly dealing with this confusing disease.

-Lisa, VA

Dear David,

Your information on Bipolar Disorder has indeed helped me tremendously. I got much useful information that helped with the illness of my son. He has improved a lot. I thank you for the good work...I highly recommend your information on Bipolar to others. The important aspect of learning from your material is that some items are useful for a particular ailment. Readers need to read patiently and discover what is useful to their particular case.

-Marie C.

I feel the info you share has helped me, my wife suffers from Bi-polar, and I guess had it for several years now. But we just found out for sure, in the last few weeks. It's hard for both her and the Family to cope. But your info is no way a waste...I would sure recommend David's information on Bi-Polar to whoever wants to know more on the subject. Both to those with the disorder, and to family and friends.

-Greg F.

Dear Dave.

My Danny is eleven years old and has been through more than the average forty year old. My purpose in life is to try to improve his quality of life and, in times of crisis(like now) to lessen his suffering in any way I can. I can't tell you how many hundreds of hours I've spent on the Internet hoping to find help for him. I am profoundly grateful to have you in my corner opening new doors with each email. I don't have to tell you how frustrating this disorder is for all involved...That is often our greatest challenge: To keep on trying, to never lose hope that things will get better. God bless you. What you are doing is IMPORTANT...I have recommended your site to a friend with a bipolar child.

-Mary, PA

Dear David

...keep up the good work... I do have bi-polar II so I am told so I am the type of person that has to know what that means. I am not stupid I am ill. Challenges me everyday. Keep up the good work. One of many who appreciate ALL the work you have done.

-Diane, AZ

It has helped me cope with the disturbing effects of Bi-Polar I. I myself am diagnosed with Bi-Polar and your E-mails and links have really given me alot of insight on many aspects. Coping, getting help, informative links, insurance company information Etc. [to others:] I think that David Olivers insight to the affliction of Bi-Polar Disorder is shedding the light on stereo types, rumors, and stigma's associated with Bi-Polar Disorder. Where there is light, no dark untruths can hide.

-Richard, MI

David keep up the good work, your information on bipolar helped me to diagnose my daughters illness, I inform her docter, who has forwarded us to a physiotherapist. Thank you for all your information on this subject. Although my daughter is very ill and her weight is below 5 stone. I can only pray now that the Lord will help her, it will take a miracle for her recovery. [to others:] I most certainly recommend the information by David on bipolar Disorder it has helped me understand a great deal the disorder, and the help I am able to give my daughter. Thank you

-June, England

My daughter was diagnosed Bipolar Disorder late 2004. I consider you to be my one and only source of support and advice on the subject. Some of the information isnt relevant to me, but I look forward to your e mails every day, so thank you very much and please dont stop.

-Dianne, United Kingdom

There are times I get answers I need and that is good. I have four children with bipolar and I their mother have it . three out of the four are medicated I and my youngest bipolar are not. Allergy to medications. We cope by using positive talk and support from our family. It sucks. But it works...I have [recommended this information] and she uses it.

-Joye, UT

Your emails have helped me to understand more about the range of bi-polar, some of its manifestations, and the affect on others. I have now decided that my difficult father was probably bi-polar. We always felt that he had a chemical imbalance, since everything would be going along OK - he would "stir things up." We tried to stay out of his range. He didn't believe in the field of psychology, so self-analysis was not in the cards. Some family members now think that his grandson is pipolar - because of the ups and downs...But your free advice got me thinking...I did refer your newsletter to a family member.

-Linda, CA

David,

I recently met a wonderful girl named Mary. She was hesitant to tell me she was bi-polar and very depressed. When i ordered your start-up package i was looking for some general information on how i can help her and not jeopardize our relationship. We have now been together for 3 months. I love her and we wouldnt be where we are at (Which is Happy!) if it wasnt for your information. You have taught me some vital things to look for as well as how to act and react when i am witnessing an episode. Whomever doesnt take the time or very little money to invest in your information is making a huuuuge mistake. I love your work and i personally want to thank you for what you have done for me.

-Michael, PA

david if it wasn't you on my computer everyday i would have a hard time. you make me see the way i act and i know if it put in front of me i can understand it better iam bipolar a i feel like it is a curse...don't quit you are amazing...face the problem and get help as soon as possible. listen to what people tell you and get out of deniel...

-Sandy, IN

David, I have sent in some success story info so I think that says that your material and efforts, in part, have been helpful in my well being and recovery...It is great material and valuable and it is overwhelming by its volume. You are doing a great job and providing a valuable service. Don't give up the ship!...I have [recommended this information], as my friend's daughter in law has recently been diagnosed and my friend needs information and help in dealing with her. I think your website and services will come in handy in the future for others I know who need resources of dealing with bipolar either personally or with a loved one.

-Mary Ann, WA

David, I have found your material interesting. My husband is bipolar and we went through hell and back before he was properly diagnosed. He has been on several medications during the past year and a half. The medications are keeping him from being manic. He is, however, very depressed and has been for the past year. His medication hase been changed...doseages have been changed also. All he does is eat and sleep...24/7. I'm very frustrated but keep hoping one day I will wake up and life will be back to normal... I have done a lot of research on bipolar also and your site is without a doubt one of the best I've seen. Your information is accurate...I would like to encourage you to keep up the good work. I would love to hear of any success stories out there. It would be an encouragement to me...I had never heard of "bipolar disorder" two years ago. I would highly recommend your information to anyone dealing with a family member or friend who is bipolar.

-Phyllis, GA

It has helped me out tremendously. I am actually learning a lot more about my illness. Thank you

-Tara B.

Appreciate the articles and information you are sending and making available. My daughter was very recently diagnosed with type of bipolar disorder and we are greatly helped by your info, etc. When I met with a psychiatrist who had diagnosed her, I was able to engage him and have a much more informed conversation and understanding. Thankyou

-Doug M.

David,

I have been diagnosed with bipolar since I was 20. I'm 34 now and I find your emails and articles very interesting, so much so that I often forward them to my mother and boyfriend to help them more understand my disorder. Knowledge is never a bad thing and I welcome the information you give...I do often send your emails and articles to friends and family. It helps for them to be informed as well as myself.

-Kristi L.

Please carry on. The material that I have read has helped me solidify my relationship with my lady friend. I understand her in given moments and she is grateful that I have learned so much that she is telling me that I know enough to be able and handle most of the situations that she goes through. We used to constantly fight and argue over things—now we truly have an understanding relationship that has wiped out all the arguments and we are both satisfied and more open with each other than ever before. We have total trust in each other...I would totally recommend your information to others.

-Mike M.

yes i have found the information very informative

-Irene

I have sent your articles to two of my friends so that they may understand me better.

-Nena, TX

I realized how every case of bipolar must have its own characteristics, and not everything I learned could be applied to my situation. The knowledge I am gaining has definitely helped me to understand and deal with the situation. I'm not going to stop reading your e-mails any time soon.

-Giulio, Canada

Hi David,

Since I have started receiving your information I have learned alot. I have two children (grown adults) one that is taking medication and the other is in another world. I am so thankful for all of your email that I receive although I sometimes am not able to read or spend the extra money on your material. I can really realy to alot of your story about your mother. I felet as if I was reading my own life with my son who is 25 and has and will not accept his condition. so the only thing i can do at this time is continut to take one day at a time..... Keep sending your messages.....I appreciate all the help.... there are alot of us out here that receive and enjoy your work that you do...I do have a friend that is getting married to someone who has bipolar and she knows nothing. Having no idea what to expect. I am waiting to hear from her since she left Ca. and moved to Texas to be with him. As soon as i hear from her I plan on sending your emails so she can become educated as we all from your emails.

-Candace, CA

Dear Dave

...I personally appreciate all the hard work you do in helping us.It has helped me alot my boyfriends father is bi polar thank god for this information i pass it on to his family ... they thank me all the time. So now i'm Thanking you!!! Keep up the Awesome work DAVE It's needed ot there.

-Angela, Canada

David, I find Your articles helpful, if I do get backed up, I just put them on the to read list. There have been many of the articles that help me to look at self closer to to check myself. I also have used the articles on money and insurance to help me in making decisions. Thank you...I have sent the web site to many of my friends... andwill continue to send out and share with others

-Barbara, GA

Dear Dave...I subscribed to your newsletter a few months ago. My partner has been variously diagnosed with depression, then maybe bi-polar and now schizo-affective? Who knows?... I haven't had time to read your newsletters much. By way of support, I'm sure it's worth the effort. I know from experience with similar issues, addictions and the like, 9 times out of ten, people either know what you say or are uninterested. Of the remainder, 9 out of ten think you are wrong or mad. Of the remainder, 9 out of ten think you are irrelevant etc. But then there is one, and one is all it takes, who you can help in some way. And that, my friend, is what makes it all worthwhile. Keep up the good work. I hope to have a bit more spare time in the not too distant future to read your newsletters with interest.

-Robin Q.

My husband finds it very interesting. He is a new comer to this field and reads up on all the necessary information to help him [to others:] If you want to help yourself, you have to read up on articles and other sufferers' comments in order to help yourself.

-Arnold, IL

Your articles on Bipolar have helped me in my work as a therapist, to understand some of the practical difficulties faced by people who have it, or the difficulties of people who care for them. I do not have the practical side to look at, as any of the clients we have here are detained under Law, and are looked after in hospital. It is good to know the realistic side to this condition. I personally would not need to buy books on how to get benefits or suchlike, as these are taken over by someone else. Yhe other things you write about are good, as they help to look at the person with bi-polar in a holistic way...I like getting the information, and read it at my own pace.

-Yvonne N.

Dave has been really helpful, his material has been usefull in times of crisis. Sometimes it just helps to know there is people that share the same problems and understand you. It has helped me recognize crisis times, that usually I wouldnt. This week my husband (bipolar) and I had a fight over some stupid things, but I realized it was because of his condition, and then I paid attention to all the stages he went through, it was interesting. [to others:] Dave has helped me to understand bipolar depression in ways a doctor, books or the web couldnt. It has a certain human warmth when someone who has gone through the same problems explains it to you.

-Gabriela, Guatemala

I would recommend your information because it saves people from having to search the web. You are kind enough to do this for us and send it to us in an email when you find something useful.

-Michele, IN

Hi David,

Just to let you know, a lot of your information is verey helpful. And I myself have been researching bipolar for about 5 years now so some infromation I do already know. But to a person newly diagnosed your information may be life saving. And besides it never hurts to have another opinion, or more resources. And besides I could pick and choose what I do or don't want to read. ... I feel you should continue what your doing because if you help 1 person then it's all worth it isn't it?...Yes I would recommend you. You seem to be informed.

-Patricia, FL

it has help i don't have bipolar my husband does but he don't know what is wrong with him there is a lot more i could say about him im' trying to get him to a dr but there is a lot that i was looking for on bipolar & other stuff that goes with it it like i need a lot of answers & not enuff money to buy the book but what i have got is helpful thank u...yes i would [recommend this information] but i print it out so i have it...

-Ruby, SD

Dear David, I have enjoyed reading your newsletter. It has really help me. Please don't stop. I myself have many problems, and you have really help me so much, so you see, Don't stop...Yes I would recommend you to my friends, I have been telling some of my church member about your program,thank you for always, beening their.

-Nancy, TX

Bi-Polar depression is new in my life and there are many facets of the illness that I didn't realize were accompaniment for Bi-Polar depression. The anger, mania, grandiosity, and excessive money-spending I now recognize because of David's articles. Some of these terms are used in a generic sense by doctors, but David's articles put them in perspective on an everyday life basis. [to others:] I would recommend, if you or someone you love suffers from bi-polar depression, that you learn, from as many sources as possible, all you can about bi-polar depression. David's work is a good source of information. Bi-polar depression is not a one-time diagnosis and then we are through with it; it is an on-going, growing, ever-changing condition that is difficult to manage, but nonetheless managable. Education is always the best tool to combat any condition or difficulty.

-Glenn, MO

I have found that your support is a great help. Just having someone who has been there and can share their experience is a great help. I pass on the information to my daughter in law who has to live with my son and his bi polar... If even one family is helped then you are not working in vain...I read your mail and save what I think can help. Thanks for all your time and effort...I read and share your experiences and information with my son and his family. They find some of it interesting and helpful...Thanks

-NormaJean, NV

Your material on bipolar diorder is very helpful. It has helped me by giving me information I would not otherwise have and some information I already have, but put in a form that is easier to understand. I say keep it coming!...I would definitely recommend your information on bipolar disorder to others. In fact, I have recommended it to others in my bipolar support group.

-Mary Ellen H.

IT HAS HELP ME A LOT TO UNDERSTAND WHAT'S HAPPENING WITH MY WIFE. THANKS A LOT DAVE

-Rafael V.

Dear Dave, Thanks for your information on bipolar. I have several family members who have been recently diagnosed. Thanks ever so much...Very informative.

-Dorothy, MI

It has helped me significantly to understand why I go through what I do, & it has also helped me and my husband both understand more about the disorder, I have really enjoyed your information...I know of more than one person that I have recommended your site to...Your information or site has helped me be able to show my husband what really goes on for us.

-Melissa, ME

I have very little time to get to the computer, so am always behind on mail, but would feel a loss if this were to discontinue. I have learned SO much!...I have learned SO much! I never knew how little I knew...

-Linda, MI

Dave,

Please continue to write your stories it has been a real help for me. My son is 28 yrs old suffer from bipolar disorder. I've been going through it for 10 yrs now. You have help me to don't give up on my son. Sometimes I do feel like backing off. Everytime I read something from you it helps. Thanks Dave...Your information have been very helpful, tips on what to do when my son is going through a crisis. I have to laugh sometimes to keep from crying, because some of your stories are so similar to mine.

-Linda, NY

Please keep up the good work... I not only work with individuals diagnosed with bipolar disorder but deal with it in my own family...There is a world full of those. Looking forward to your messages of hope...I have found many areas shared to be inspiring and helpful. There is a world filled with people who should have many options to learn about the bipolar disorder they live with both for those inflicted and those with loved ones who are inflicted. It can be far too destructive in our lives and must not be ignored. The pathway to freedom is knowledge and this site provides another means of opening our eyes to an ever growing disabling illness. Thank you for sharing your world so that other might learn.

-Patricia, NY

It has given me good insight into the practical world (not scientific or medical) of my friend whom I am getting to know and love...Yes I definitely will [recommend this information]. I prefer taking information and advice from people with practical experience AND that admits that they are NOT legally qualified to prescribe medication.

-Gert, South Africa

Yes, your material on Bipolar is helping me understand...I like the information but still processing all the material received. Always enjoy the E-mails...commentary. It has helped me in making decisions regarding helping/supporting my loved-one with Bipolar. Keep up the good work...I would recommend your work to anyone as I have learned so much.

-Beth, MO

Being totally unaware of the way to handle a loved one with bipolar I have certainly benefitted from your material tremendously - and I have not even purchased any of your course material. Even if I did not have a loved one with bipolar I would still continue to "consume" your material - to be informed should I need this very important information in the future—maybe someone crosses my path in life who really needs someone to understand their position and as God may have it I may be that informed person - thanks to a guy millions of miles away called David Oliver. Thank you for all your effort even though I cannot afford to purchase the material...Keep up the good work and dont let anyone discourage you in your efforts to help others...I would certainly recommend it and have done so to one other person already— knowledge is power

-Maxine, South Africa

it has helped me tremendously, i have learned a lot regarding bipolar, how to cope with it and help my loved one. also he can better learn from your information, and realize what he is faced with. please keep the info coming.thanks...i would recomend your program to anyone i know or come in contact with that has someone in their life dealing with this disorder.

-Peggy, AK

Dear Dave...I have not subscribed to any of your courses yet, still finacially strapped right now. But your newsletters are wonderful! They have helped me so much being a supporter, even though my husband and I are still seperated, he is finally listening to me about medications, therapy,and doctors, and it has helped me start to regain my sanity (somewhat)but I am working toward it. I can't thank you enough for all the hard work you been doing keep up the great work!!...I am still waiting on pamphlets "How to explain bp to family and friends", and I am looking forward to receiving it real soon, but again your newsletters are wonderful!

-Jackie, FL

yes i had a very good introduction to what bipolar is actually is and how someone will act if they are effected by bipolar...good introduction bipolar and how someone can support bipolar sufferer.

-Thatchani, Malaysia

Dear Dave. I recieved your Booklet on What is Bipolar Disorder and have been able to sent it to my Partners youngest dgter who is concerned about her older sister and brother who both seem to have bipolar disorder. We have found the information really helpful!!!! I also have felt tempted to unsubscribe the emails but I am so impressed with the efort and passion that you have to support the carers and relatives of the sufferers. My partner and I have spoken to his family members who are affected but they do not want to know and we are effectively out on a limb. However I will continue to link into your emails as you have provided so much enlightening information. I say keep on going and may you be strengtend and blessed in the doing.

Yes, the material has helped me understand a great deal. It has become important for me to learn about bi-polar and I've found this to be the best way for me to do this. I look forward to your e-mails and the topics of them... This is a heartfelt way of getting the information one needs to understand what people will do because of bi-polar. I would recommend this to all who even have a slight desire to know about it without going through a lot of medical mumbo-jumbo.

-Javier, CA

I have a co-worker who has been diagnosed with Bipolar Disorder, I read all your e-mails and pass it on to her all your suggestions, so far she is doing real good and has not have any manic episodes for a while and because of your informative e-mails and I am able to understand what is Bipor Disorder and help her with it. Thank you very much all the information that you are always sending me. I also have an aunt who has the disoder, but I never understood what was wrong with her until you I started reading your e-mails... I would surely recommend you Bipolar information to others.

-Mercedes, NY

It has really helped me to understand Bipolar Disorder. Like I told you before my daughter has passed away and your articles help me to understand more about how she was. I miss her terribly, however I am now raising her children and I need to be prepared in case they are bipolar. Thank you so much for keeping me updated... Yes, I find it to be very interesting and helpful.

-Robin, CO

At this time I am trying to find the right treatment so that I can continue to move forward... I think these articles would be very useful for someone who is just starting to become aware of the problem.

-Shannon, TX

Very much so....when I first found your newsletters my daughter was in the middle of a total spinout and your emails were like a relief each day or so to remind me I am not going through this alone...Anyone with any information or experience in dealing with bipolar illness is a blessing. With the studies you have done you have gone above and beyond gaining knowledge to help others.

-Terri, OK

I have not had a chance to read all the info that you have emailed me, however what I have been able to read so far Has really helped and inspired me take control of my Bi-polar not let it take control of me...Yes I would recommend your info to not only people who have Bi-polar but also to those who have family members and friends of those with Bi-polar.

-Tammy, WV

Dear David,

If only we had met you 10 years ago, David, and had read all the things you're sending sooner, our family wouldn't be so "bipolarized out" right now. Everything I have read from you so far rings true and explains more and more of the puzzle we have been dealing with. I am so grateful to have discovered you. And for everything you share with us from your firsthand experience with your mother. How better can one show the rest of us the way. I like how you explain things to us, like your term "bipolarized out". What a perfect way to describe it.

-Rebecca, Jordan

Dear David. I come from a line of Bipolar sufferers, my Mother had the disease my father carried the gene as do I. The gene can be a pain too as illness, stress, allergies can knock the gene out and give mild symptoms of bipolar. I married a man with Bipolar and had two daughters. My second eldest has it the worst. Your support has helped me heaps. My daughter recently had a bad swing and was homicidal. She lives 24hrs away from me in another State. So I had to inform the police. Needless to say she abused me and hasn't spoken to me since. God bless you David keep up the good work...Yes! most deffinately and I have [recommended this information]. My sisterinlaw, one of my three children.

-Judyann, Australia

My daughter has recently been diagnosed as Bipolar I. I am so glad to have a diagnosis but have been struggling to put everything in perspective. Your information has helped me do that. I had been flying by the seat of my pants. Your information helps me process everything that is going on with my daughter and our lives...I would recommend this information to others. Your down-to-earth honesty gives a truthful insight into the world of bipolar-ism.

-Pam, AL

My daughter suffers from bipolar disorder, we just recently found this out and this course is helping to better understand what is going on in her head. thank you...I would recommend your course to parents with children who suffer this disorder to help them understand their children's illness

-Britta, NM

Yes, it has. I have a 19yr old son diagnosed with bipolar at age 13. I had to learn everything ON MY OWN and it was a horrible time. At age 18, my son was diagnosed as Oppositional-Defiant, which #1) I thought was just his personality and #2) I couldn't believe that we were so wrong about the bipolar. Presently, he is living with his aunt 300 miles away and not bucking authority. I was starting to think that we all were crazy (myself, therapists, etc). However, your articles have helped remind me of several things that those with bipolar do and I see them popping up with my son (financial problems, past drug use, almost multiple personalities, etc). I am unable to convince my son that anything is wrong with him and he refuses medication, although he uses illegal drugs (duh). Your articles are just a reminder and a pick-me-up for me. [to others:] David's information is FABULOUS. It is much easier getting this information from David than having to get information in bits and pieces. It can simplify your life, so that you can concentrate on more important things. I wish that I had had this information 7 years ago.

-Barb, NE

As a new reader to your information, I must say that your daily emails inspire me and encourage me to be positive in helping my daughter with her bipolar diagnosis. I still have many questions, but I read your information, print out the ones that are very helpful, and review the pertinent information with her doctor and therapist on her bi-weekly visits. Thank you. Please do not give up! You have given me a light to work toward...I would definitely recommend your information to anyone I come upon. I am not in a position to purchase your course right now, but it may be possible in the future. Until then, I heed your words and apply them when applicable.

-Carol, CA

Your material has been very informative and reassuring...I would recommend your information to others who are going through the same issues with family members. It's so stressful and it's helpful to know that you aren't alone but there are others who experience the same things and have some tips on ways to cope and improve your response to episodes.

-Elizabeth, AZ

you are amazing you are a blessing,keep up the great work!!!!!!!!!!

-Robert, MI

It has definitely given me a new perspective on Bipolar disorder, unfortunately the info came to late as I went through a divorce, my ex-wife has bipolar disorder and only now am I am able to see where I went wrong by changing to meet her needs, not mine. I had changed for the worst!...What you say in most instances makes sense.

-Carl, South Africa

IT IS THE ONLY THING KEEPING ME GOING!!!!...I THINK YOU HAVE VERY GOOD INFO...HAVE YOU EVER HEARD OF ANYONE WHO HAS MANIC STAGE DOWN TO A SCIENCE...BUT NEVER GETS THE DEPRESSION STAGE????

-Anthony, AR

Yes, the information alone is worth all the trouble and hard work you put into it. Let me quickly asserverate that though bipolar disorder is one scary experience that people would not want to accept its reality but still exist, so the information are actually assisting those who care [to others:] Bipolar disorder is real and one of the places you can sought for information on management of bipolar disorder is David Oliver's site. Even if you dont have a bipolar patient, it is good for information for future application

-Olusola, Nigeria

I really do enjoy reading your newsletters,it has a lot of good information,matter of fact, I sent all of your newsletters to another friend of mine who is bipolar and now she is getting your emails. My friend told me that she can learn alot from your e-mails. Thank you for all the work that you have put into this....Like I said above, this person was excited when I told her about receiving your newsletters, and she wanted to start reading them for herself. Yes, I would recommend your e-mails to anyone who is bipolar or supporting someone who is bipolar.

-Julie Chambers, TN

It has helped me stay stable and has made a big difference in understanding for my almost ex-husband. My illness has totally wrecked my marriage. I ordered the course and feel like it was one the best investments I've made in years...The best way to tell you my recommendation is to let you know that I forward many of the emails I receive to my almost ex-husband.

-Deadra, OH

so far Im just getting some good info fm you. my son has been diagnosed as bi polar and I want to know more info about the condition...so keep up the good work

-Robert, CA

Am so glad you have taken all the trouble to help Bipolar. I have a neighbor to whom I forward all your emails. I believe she is grateful for this. I am grateful to understand more about bipolar symptoms. Your common-sense approach is very good. I was diagnosed with schizophrenia years ago. I don't think this is a correct diagnosis. I have ADD. Keep up your good work. Don't give up...I forward your material to my neighbor who has bi-polar symptoms. I have been helped to understand her symptoms. Your common sense approach to the everyday life of bi-polar folks is very good. Be encouraged and keep on, keeping on.

-Mary, IN

I am bipolar so yes your information has helped me a lot. I have reactions to a lot of medications because my system will not tolerate them so I am constantly on a rollercoaster ride.

-Margaret, SC

It has given me a new interest in bipolar problems, and makes me realize it was bipolar actions that we had to deal with for about 4 years....it is interesting...I have sent it on to others.

-Gloria, NC

David,

I think your information helped me make an important decision. I had moved in and thought I was in love with someone that was diagnosed with bipolar. He was a recovering alcoholic, but when I met him he was almost too good to be true. I had recently been divorced after a 32 year marriage and he seemed to care for me in the way I needed. He had back problems, but I thought I could help him to a more positive life. After living together for 6 months I realized because of your information he was slipping into a depressed state. I thought I could deal with it however, during this episode he became verbally and finally physically abusive. With what I had read in your articles I realized that this would be a rollercoaster ride for the rest of my life and I decided life was worth more than watching for the next episode. I got out and I thank you for educating me.

-Cathy, NC

Dearest Dave, Keep up the great work. I look forward to your emails daily. I was diagnosed with bipolar 12 years ago. I have received more info from you in the past month than I have from my own doctor. You have helped me talk more with my doctor about my treatment plans and medications that I take. Your emails have also helped my husband and children understand more about this condition and what they should and shouldn't do. They have now become pro-active in my care and not just leave it up to me. Thank you so much...I have recommended you info to many of my friends. They tell me that they now understand that the "weird" things that I used to do was the bipolar and not the real me. I can not thank you enough.

-Tammie, OH

your info is very enlighting to me i enjoy everything you write and attempt to visit all the recommended sites. I am bipolar disorder I and my son has been showing signs of the disorder too since he was 8.. so we both read what u have to say...thank you.

-Tomacina Mitchell, CA

I look forward to your information to let me know I am doing ok with my own treatment and that of my son, who is also bipolar. There have been 3 generations in a row to be bipolar. There is a grandchild of my cousin, he is 9 and thye have already diagnosed him but I don't know his treatment.

I have been under the same doctor but have tried in the middle of 11 years to not not a full dose and then not any because I felt sooooo good. But... I found out the hard and expensive way that I must take my medication and we have a good mixture for me. NEVER just try to take what someone else takes, each person is uniquely made and needs their own little cocktail. Be blessed David for all that you do...I have found a helpful, daily email and book system that would be of encouragement to you, at least let me forward you a few of the emails I have received and let you make the choice. They are really helpful and understandable for me.

-Libby, MT

Hi David! I am very interested in as much information you have to offer. I wish your books were a bit less expensive as they seem to offer all I need.I have bipolar and my husband doesn't understand when I say I'm in a manic depressed mood. Your information gives me help in getting him to better understand me.His solution to everything is did I take my medication I wish he'd read your e-mails...Keep it coming I really appreciate all your help...You have given me many tools to work with and I'd highly recommend it to all people with the disease of bipolar.

-Fiona, MI

...I had know one to turn to too get the info we needed to help our grandson ,as it sits right now , we have gotten this child the help he needs .I had no idea of what it involves being bipolar with out your help I probably would have given up on this child,as it is now Tyler is now on the meds and couseling he needs for everyday lfe,because its not just meds for these special people,they have a lot to offer this world if just given that chance,MY CHILD IS A BRAIN AT SCHOOL AND MADE IT THRU 5 GRADE WITH THE HONOR ROLE. so no one can tell us that your site is a waste of my time! THANK YOU!!!!!!

-Linda Imlay, IL

Hi Dave. I am an over the road truck driver and my brother and a very good friend are both bi-polar. I don't have much time on line, as I spend most of my time driving, but when I do your information has helped me understand many things about this disease. I thank you for that.

-Susan, IL

My husband is bipolar and I have to admit that I knew very little about the disorder 2 years ago. Your information has helped him because he can see for himself that he is not alone in fighting this. It has helped me because it explains a lot of things to me that I didn't understand before. I can read about problems you have been through and say to myself "Oh my gosh, I've been through that". Again, it helps to know we are not alone. Thank You so much for all you do...I would recommend this course to anyone either with bipolar or someone caring for someone with this disorder because there is so much information to be learned from this site. It has been so helpful to my family and it can be for yours also.

-Kathy Freeman, TX

testimonial: I was actually thinking about giving up on my husband and leaving him. He has episodes and doesn't take medication for his bipolar. Then I started looking in to information about bipolar disorder and found your site. I read them everyday and they give me hope...I would recommend you information to other bipolar supporters in my situation.

-Loretta, IN

Dear David: Hi. My name is Judy. I have suscribed to your website because YOU DO HELP ME. The reason why I don't always respond is because I suffer from chronic fatigue syndrome and fibromyalgia, and arthritis. I have very bad days. I have good days. I have two grown sons who suffer from schizophrenia, autism and bi-polar. I have a fiancée who suffers from schizophrenia. I have no mental illness. Oh my GOD, I need much support. So you are a blessing!! ...I know you have helped me tremendously. I am trying to get my son who has bi-polar to read what you have said also. It is hard. He believes he isn't bi-polar. Hard. Hard. Hard. So keep on doing this wonderful work. I know you work hard. GOD BLESS YOU. [to others:] Hello. My name is Judy. I feel David's information on Bipolar is a GODSEND. Please read and educate yourself as much as you can. This is the first step to recovery. Isn't it better to learn as much as you can about your illness? To learn about yourself and how to help yourself? And most of all, get such wonderful support from David and new friends online? I have found not a lot of people care out there, but when you do find them, like online here, hold on to your friends. They are like gold.

-Judy, CA

Hello David! You are doing a good job and service for those readers who deal with this disorder. I have “gleaned” much from your wordy journalism. I have a science degree plus 2 yrs med schl..

-Daniel, NV

I am a somewhat “new” member; however, your emails have been extremely helpful to me! For example, just last week, you sent a message suggesting that we discount what the bipolar patient says, especially when not taking medication. Your message was exactly what I needed to do—and it worked! I just have to keep reminding myself to discount what he is saying. Our family doctor gave me new scripts for my husband last week—she even called him and encouraged him to take the meds. He promised me he would do this – that night he decided otherwise. He is getting harder and harder to reach and he is speaking to voices almost all day long... Your information has been extremely helpful, I—just received your newsletter with Michele’s CD—WOW!! Really helpful! I keep listening to it in the hopes that he may also hear and actually listen... I know it’s not him—it’s the condition. [to others:] I would definitely recommend reading and using David Oliver’s information to anyone who is trying to support an individual with bipolar. The disorder does have some commonalities and you can learn very helpful information from David’s information!

-Donna, NJ

My mother is bipolar. She is doing really good right now. About 3 years ago she went off all her medicine and it scared me to death. So far she is still really good but I am constantly worried about her. I really enjoy reading your emails. They have helped me understand a lot. I like reading them from someone who has been there. Keep up the good work! I really appreciate them!

-Shana, KY

Mr. Oliver, your email has been helpful. I was somewhat overwhelmed with the frequency of your emails at first. For the most part it is because I’m so busy with other areas of life. Your messages and notes are informative and thought provoking and certainly not a waste of my time. I capture them and share them with my wife as time permits. If you decide to scale back the number of messages you draft, we understand. Thank you for your passion to help others understand different aspects of bipolar behavior and supporter options. [to others:] Mr. Oliver discusses his experiences and shares ideas that people may use or tailor to their needs. Most of all his comments are thought provoking and helps me develop specific questions for medical and counseling professionals assigned to support our son. They are often surprised by our interest and the detail of our questions. Mr. Oliver’s discussion is useful in reminding us are not alone in our challenging efforts to help our son.

-W.S., TN

I'm not bi-polar, and the only reason I subscribed is because I "suspect" my brother may be. However, I have received tremendous insight from some of your notes, namely the one that was about the woman who was "trying to fix herself" because her husband was bi-polar...I already have recommended to someone.

-Sylvia Harrison, TX

Well it is very cool I've put it to three folders and it is "Links, "My personal help, and for my (husband) whom I labeled "Outside looking in, for support...I'm still learning from the letters you have sent! [to others:] It's on the level we all can understand not the big words and words that make you feel like ...Hey What did that mean? Just check it out! It is helping me...it could help you!

-Tonna, KY

It has enlightened me on how bad the disorder can be, my gf doesn't exhibit the extreme mood changes but some of the subtle things, you have talked about. Like she has been thru 5-6 relationships (all alcoholics) while I have known her. But you have reinforced my idea of not giving up [to others:] Any information you can learn whether by experts or people going thru the same problems can only help, why would someone who loves a bipolar person blind themselves to the problems.

-Tim Pravecek, SD

Dear Dave, I have been blessed finding your site, your stories about your Mother, and some of your readers, has helped me immensely in dealing with my grown daughter, who is bipolar. you have asked questions I needed answered, without me even asking them. I have quit always saying the wrong thing to my daughter as well. Therefore, I must conclude that you are doing one hell of a great job. keep it up...yes, I would recommend your site to anyone, because you never know when you are going to need to be equipped with the correct information. And being a caregiver of a BPr, you taught me how to not worry, and not feel guilty, and to be patient in waiting for results. Your site covers it all. and thank you.

-Eddi, Canada

i work in school with Yong people that have problems with their conduct, sometimes they have bipolar problems and this material help our doctor for to know what is going on with them. Sometimes i do not have many time for to open the page the same day but i put them in a carpet and the next time i read them. Tanks for to send me your work and please continue doing it, it is like gold for us.

**sincerely: Ariela Cano Levy, President,
CENTRO MILITARIZADO ARIEL A.C., Mexico**

...you are doing a wonderful job. People have their motive for a project or a system. You can not because of people of wrong motive stop this loudable project. keep on you are a source of a blessing. God bless you.

-Afolabi, Nigeria

I have gotten a lot out of your information as i am dating some one with bipolar well actually engaged. I am struggling with his issues and outbursts and your information really puts things in perspective. Sometimes it is hard to read because I get scared of what I am getting myself into. Can I live with someone with all the ups and downs. I am trying very hard to handle what he is going through but I am a recovering addict so I have a lot to work on myself. Well I just wanted to say yes...your material does help and thank you for all your effort and time that you put into this.

-Janine, South Africa

The material provided here has helped me alot. I used to feel completely alone, but now I know there are others out there, and there is help. It is such a good feeling to see someone who has dicated so much of his time to learning about this disease and sharing the information with others. My mother also gets the emails, and she has learned alot more about me, things I could never explain. The work done here is by no means a waste of time, it is probably a life saver at times, it is all so helpful, and for these things I am quite greatful...I would absolutly reccomend this information on bipolar to others, whether you have it, or are dealing with a loved one with BP. It is valuable information, and quite useful. If more people would take the time to learn and understand, this world would be a more accepting place.

-Stormy, Canada

it has helped me tremendously. I live in Jamaica, and mental illness, is stigmatised. Nobody wants to discuss the issues, the causes, or the treatments. Health professionals are ignorant. They basically prescribe the same set of anti-depressants for every type of mental illness. When someone is diagnosed, both relatives and friends withdraw, as they are unwilling to deal with the issues. Most mentally ill wonder the streets homeless, and hopeless. It is considered a curse. And this causes the victims to be victimised instead of taken care of. You give me hope. You light up my darkness. You are a friend. The information i receive help me to better cope with my situation and to understant what being bi-polar is. It is not a death sentence. My step-father once called me a zombie, because of my weird behavior in reaction to some of the meds. You on the other hand restore my dignity as a person. Please keep up the good work. You are far more valuable than you know.

-Margaret, Jamaica

I am using it to try to determine IF my sister is bi-polar. I don't know if she has ever been diagnosed with it, but a lot of the episodes you describe families being ripped apart by one person, gambling her family into bankruptcy, 5 suicide attempts. I've been forwarding your stuff to my mom to see if she draws the same conclusion. Everyone tiptoes around her so much, We are afraid to bring it up to her. She is VERY medicated....zanax,vicodin,and more. So I am learning from them...I would and I do forward it to other family members.

-Jayne, CA

your information about bipolar disorder has helped me to understand a lot of what happened in the past 25 years.....also because you also lived with your mom having it you understand deeper then a therapist or counsler would they learned from a text book you learned from real life experiences. how could a therapist sitting in an office or a student sitting in school possibly understand what it is like to live with someone who is bipolar?...i think its great ...you take the time to help people...ihave found even in living in the world with others that all you can do is give them the information that you have to share and it is up to them whether they chose to improve or learn from the words you have told them. i think your pieces help people in many ways.first it helps to know that we are not alone,kind of scarey there are sooooo many of us...i think you are helping a lot of people who have been confused for a long time to understand their loved ones, and to see it is not them it is their partner and the disorder....hard as i tried i couldnt find many venues that helped me..so thank you for being there for those of us who want to pay attention and learn from your knowledge.

-Melissa, NY

Still going through it all. My wife's doctor has not diagnosed her with bipolar, however she has almost all of the symptoms. This course isn't just good for bipolar, there is a lot of info on how to be a good Husband/wife/friend/parent/sibling of anyone who has depression, bipolar, or any other mental illness...Yes, as I said above there are definitely some helpful suggestions in the course and I would recommend it.

-Jim, TN

Hi David...Your material has provided me with valuable insights into not only Bipolar disorder but also other forms of mental illness. Plus it has the added bonus of giving us a better way to deal with issues in life. I find your information invaluable and at no cost. Thanks David...I would highly recommend the information provided by David to help you to have a better understanding of what you are going through. This information has provided me with an excellent insight into not only these problems but also life in general...

-Sophia, Ireland

It is a good reminder about the illness. You have many tips and suggestions that I can use. I am new to this illness and I appreciate your knowledge and the hard work that you have put into your research. Some things seem like they common knowledge however, I said it is a good reminder...You have helped me understand and continue to understand how bipolar is an illness.

-Tracy, CO

Your material has helped me tremendously. Your information has given me a greater understanding of the signs to look for, how to deal with the disorder, and how I can help my loved one who has Bipolar. There was so much that I didn't understand, until I started receiving your information. I didn't really believe that my loved one had Bipolar (I thought something else was wrong), until I started receiving your e-mails!...I have already recommended your information on Bipolar to friends. They too now have a better understanding of Bipolar Disorder and how to help a friend, or loved one, with this disorder.

-Crystal, AL

Hi David, The reports you send me are helpful and I look forward to reading each day. I am impressed how much you care for your Mother and others who are Bi-Polar. Since your reports my Mother has taken an interest in finding out about my Bi-Polar. I am finally not alone. Thank you...I definitely would recommend and have to others. My sister-in-law saw one of my episodes and it scared her. She read 45 pages in one night to try and understand. Also how to help. These have never been anywhere that someone can relate day by day actions. It has meant so much to me that my family has taken an interest. I appreciate your hard work.

-Karen Thompson, CA

I am the mother of a 28 year old daughter who was diagnosed with bipolar 3 years ago. We struggled off and on for years knowing there was something wrong but not knowing what. Since her diagnosis, I have researched as much as possible trying to find ways to help her and her husband and children deal with this horrible disease. Your information has been the best I have found. Being that you aren't a doctor or lawyer but write from yours and your Mom's own personal experiences helps more than anything else I have found...We are still learning and look forward everyday to your emails. My daughter is in the midst of an out of control mania episode and we are trying many of your recommendations to try and get her help. Our biggest obstacle so far is finding the right facilities and doctors to help her. So far, it seems like we have only had doors closed in our faces but know that there is hope and that with perseverance, we will eventually find the right people to help her. Please keep up the information and encouragement!...I have recommended this information to several others as well as just having purchased the masters course on handling bipolar for my daughter. I will be purchasing more courses when the funds become available.

-Carol McVay, TX

I have learned more about the disorder and it helped a friend in college with her research paper...I already have shared it with others and they were impressed.

-Shirley K.

Yes i have been reading things that u have sent out as i have 3 Daughters with bipolar and it is helping me to understand how to better deal with their constant changing moods as they never stop. i only wish the 1 Daughter would get and take her meds it would be so much easier. Thank You for all the time and energy u are putting in to your web page and god bless you... YES i would and have recommend your page. Keep up the great work.

-Ruth, NY

It has informed me about this disorder. I do not have close relationships with this disorder but have some friends who have been married to Bipolar partners.

Cecilia, Peru

My husband has bipolar disorder. I am a newcomer to your newsletter, but it is already helping me to understand the nature of the disorder and changing the way I react to the negative things he says and does when he's having an episode. It gives me a degree of peace to know it's not me...and there are other people out there in the boat with me. Thank you for putting in the time and energy to help and share the knowledge you've gained by helping your Mom...I highly recommend the plain-talk, straight-talk advice given in your newsletter. I am already forwarding it to my bipolar husband and he's talked it up to his family, so I forward it to his sister as well. My husband is closest to his sister, so I think this will really help her. When he's irrational and problematic at home, he calls her. Now, perhaps she will be able to help me dealing with this. Fortunately he's in treatment and takes the medications so he's much improved. Having several members of the family involved should really help him.

-Victoria, CA

Well, it has not only helped me, but a lot of my co-workers that have children that live with this disorder. It is always extremely helpful, to get other ideas, opinions and to share thoughts. I mean, it is basically nothing more to me than extra suggestions based on someone else's personal knowledge. [to others:] Bi-polar is an extremely serious disorder that affects many, not only the ones with it. It has an affect on people around you. If you think you have heard everything there is to hear, check out this information that comes from a side-line, bi-polar recoverer.

-Makesha J.

I have cousins who are bipolar and your information has helped me to understand them better...If anyone has any family member or friend who is bipolar, I would recommend David's emails. They are very helpful.

-Elaine, LA

To David Oliver, I have 2 friends who are both bi-polar one is bi-polar 1 and the other is bi-polar 2 because of all your information you have sent me i have been able to understand what is wrong with them and help them get the help they needed to understand what they are going through and how to manage it with meds and professional assistance. So please do not stop sending the information...i would highly recommend this information to others there are still people out there i am sure who have Bipolar disorder or know someone who has it and has no clue what to do or how to find out, because of your helpful information a lot of unhealthy people can manage to become healthy again once again please dont stop sending your important information...

-Marty Ward, NE

Yes, as a matter of fact it has, in that it has humanized the disorder and made it understood that it can be worked with successfully. It has made it more noticeable that everything that comes from it is not negative. You have also pointed out that even though the disorder is a challenging one, it doesn't have to overwhelm you that you or your family are afflicted by it. It is my feeling that the general public can relate better to someone who is non-medical and can work successfully with it than they can by reading a bunch of information regurgitated by medical personell who have no personal vested interest in a loved one or family member. Thank you for your information and interest.

-Richelle, KY

A lot.I am glad that I got through your internet and is very helpfull,because now I can relate my problems with one of your stories and the best part of it finding solutions.Keep up the good work and GOD bless you...I am supporting my boyfreind living with bipolar for 9 years and believe it or not I only know now from reading your article what is a bipolar all this years supporting my partner,all my nightmares,longiness,confusion,etc.So...I recommend that other peoplehave to know,no; no; actually the whole wild world has to know.

-Dekeledi, South Africa

Hi I'm TENA .I'll just been tuned on your email list for maybe a 2mos..And yes I have the B.D. and I think what you are doing is great..I've read some of your info. on your Mother and to me if she allow it to be notice to the public news then but all mean do it..I've been on medication for years and the medication does help...I just hate I have to take it..Sometime I stop taking and I notice a change andsd believe me its not good..I have an excellent doctor that I see faithfully..But you keep doing what your'e doing it's all good...YES I WOULD [recommend this information].

-Ernestine, GA

It has helped me to be more understanding of the disease, although I still get angry and lack tolerance, I guess because I cannot believe the mood swings that can occur, somehow I find this impossible to believe, although I know in my heart of hearts that this is the way it is... Yes I would recommend it to others, although I am new to this site and am still trying to grasp the info myself, I find it good info.

-Sylvia, Canada

Hi David My name is Sue an I have bi-polar...I have been bi-polar for 26 yrs I love your course it has helped me see more clearly the first signs of me going into an episode Thank you so much an please continue send me more info...I would definetly recommend your course to other people

-Sue Collingwood, SC

I married a man 8 months ago who had Bipolar I and he did not know it. For years he has been misdiagnosed with clinical depression. Two months after being married he tried to committ suicide and nearly succeeded. I did not know what was wrong with him he was suppose to be happy about marrying me. So, he was living in Iowa and moving to California with me at that time of the suicide attempt. I had to go get him out of Iowa bring him to California and get him some help. The psychiatrist diagnosed him immediatately with Bipolar I...I had no clue what Bipolar Disorder really was...But he had a mixed episode... and boom - suicide. SO MY FRIEND I FOUND YOU!!!! If I did not find your website immediatly we would have been divorced when this happened 6 months ago. You have helped me to understand this disorder and this got me through the toughest times while he has been getting all the medication in his system. You helped me realize he is not "crazy" and the heavy mood swings are not his fault. I have been to everyone of the doctor and therapist appts. You are right on about everything and I MEAN EVERYTHING YOU SAY...I need you everyday and so do the rest of us who really want to keep trying. I could write a book of what I have been through with him. He no longer wants to die, is stable on meds, he knows meds are a lifetime thing, his emotional issues are getting dealt with and he is now on full disability with the Insurance Company and has applied for SS Disability. Because of you and your emails I survived and so has he and our marriage survived and we can go on now. THANK YOU DAVID I PRAY GOD BLESSES YOU ALL THE TIME FOR THIS WORK YOU ARE DOING to help people understand what mental illness really is.

-Kimberley Wittrock, CA

Your e-mails and other articles have helped me a great deal in coping with my relative's bipolar episodes. I didn't truly understand what was really happening until I read several of your e-mails. Now I am more able to live with this problem myself, and not put blame on any one person !! Thanks so much!

-Joani, PA

Your words have helped me a lot. Please continue to do your needed work. It is appreciated by me and a lot of others...I have been recommending your information to anyone who would listen to me.

-Teruo, OH

Dave Thanks your stuff has helped me get a grasp on the disease. an arms length girl friend has this and has done some very disturbing things. I could have had more of an impact to help but was unprepared for her episode. If she recovers, I will be able to be a better friend. She does have someone that understands her problem in her life but she was avoiding her while i was there working. That freind noticed her behaviour change. [to others:] Just being around someone else that has cared for some one with this desease is a help. This fella(David) has lived in the life experience /experiment department and has taken some good notes. Well worth sharing.

-Brant, MO

It has given me a greater understanding of the workings of Bipolar Disorder. It has also helped me be more aware and alert to triggers and symtoms...I would recommend your information to anybody who was Bipolar, had a family member who was, or had another type of person in their life such as a spouse or friend.

-Phyllis, Canada

Some of it has - some of it - not so much instantly, but, well, I've filed it all away so that it's there, and, when I need it, I'll know where to go. Obviously, not being an American, some of the stuff isn't relevant, but, well, it is useful - you never know who you're going to be chatting to about what and when....Aside from anything else, just the fact that there's an e-mail coming in every day, from someone out there that feels the same at times gives strength and encouragement to me - especially on the days when I feel a bit down and miserable - which, let's face it, we all do! So, please, there's always going to be those who don't like stuff, but, that probably means you're going along the right track, continue how you're going!

-Rachel, United Kingdom

Yes David it has helped me. I have Bipolar. I have enjoyed your Emails a great deal. I hope to soon be able to purchase your manual on Bipolar, Your guidance is on the mark every time. Keep up the good work. [to others:] David Oliver has an Email free course on Bipolar Disorder that is anexcellent too; in learning about the illness that many people suffer from. He expresses this trough his experinces with his own Mother who suffers from the disorder. I would highly reccomend his course.

-Maria, OH

Dear David Oliver i really appreciate ur struggle regarding Bipolar. i read all of ur E-mails.i followed ur instruction.i think it should be contineud regularly.

-Shahid, Pakistan

You have helped me understand the difficulties of bi-polar so much better. It has raised my self awareness of the condition...its really cool to feel someone is watching over you with these comments everyday. Bless you for doing this. Your work is informative and kind.

-Martin, United Kingdom

No one in my family has this problem that I know of, but it's good to understand signs of problems. The main reason I subscribed is that in 2004 a "friend" borrowed \$40,000 of our retirement income promising she'd make regular payments. Shortly after that, she said she couldn't be my friend any more and after paying back only \$190, she quit trying more than a year ago. I'd thought she may have Bipolar Disorder. But others who know her think she's a sociopath, therefore untroubled by a conscience. It's unblievable!...With so many having Bipolar Disorder, people need more awareness and support from others. It's also good to know this isn't a rare condition, so there's no need to feel isolated.

-Grace, FL

Yes it has answered alot of questions for me. I had a 19 year old son who had bipolar illness. He committed suicide on May 23rd. I felt very hopeless because I had so many questions. your information helps me to understand that the things he said and did were a result of his illness. It helps me each time I read one of your e-mails...This information helps you get a handle on the disease and how it manipulates everyone around it.

-Susan, VA

Having found out my daughter-in-law is bi-polar, I needed information on it. I came across your website, and it has really helped me understand what she is going through. I am now her second and occassionally first line of defense when andepisode starts and she has been in rapid cycling now for about 3 months. Getting the kids out of the way was first and foremost, second was getting her to calm down (easier said than done). Getting her to the doctor - well no words-can describe this portion at times. Unlike you I have been in the medical field for 20 years, and when on an ambulance you treat symptoms and get rid of the patient quick, so you never really get to see what is going to fully happen. So yes, your articles do help. And as you state your not a doctor or a lawyer just a person like the rest of us who have been and will always be helping someone we love cope with being bi-polar. [to others:] To anyone who doesn't understand bi-polar. Yes I would recommend your site even if it is just to gain knowledge of that they are going through.

-Aggie, FL

I have a grand daughter and two grandsons with bipolar and each one seems to have different symptoms and yes, you do help me to understand a LOT better! I am not a care taker, but I around them quite a lot, so Thank you very much for you input, and what you go through also.

-Emily, OR

I learn new thing & get imfo that I didn` t & did knw that I can use.WHAt I receive from you I save so I can do print outs to put with other imfo I`ve gathered.Please stay with it...yes i would share what i read with others

-Pamela, WI

I just recently started receiving your e-mails...haven't gotten Newsletters. I have always thought my (somewhat)adult daughter is biploar.....so I thought I'd check out your material and it has helped me alot with several things/issues.....thanks alot for your hard work in getting this info out to people. Keep up the good work...I have shared several bits of info with a friend of mine who is married to bipolar guy. I do not know how she feels about your material. I do know she is very knowledgeable on this condition....

-Patsy, GA

Because of the e-mails I have received from David, I have come to realize that I have the milder form of Bipolar (hypomania-dysthymia) and it is helping me to recognize and treat it. Previous to receiving his e-mails I had seen a mental health specialist and they diagnosed me as Dysthymic with a complication of PTSD (Post Traumatic Stress Disorder or shell shock) from being raped. For the last few years I have been taking various anti-depressants and feeling like they were not really helping but not knowing any better I continued to take them for fear that I would suicide. After reading several of David's e-mails I concluded that he was right and even though I have my bad days, I am having fewer of them.

-Anna, WA

Hello. A month or so ago, I began to learn about bipolar through your free lessons and it is SO important to learn about it!! Knowledge about bipolar explains so much and therefore gives me the tolerance I need to get through the tough times. I'm so grateful for your free information...Thank you so much...I would encourage your readers to read through your emails thoroughly because even though they may not be able to afford what you are selling, like me, you do give some aids for free in your emails that have been extremely helpful, like the importance of a family member communicating to the doctor directly, not just the bipolar person. The doctor got a more accurate picture that way. I would encourage people to take the time to read your emails, they're worth it. thanks for your continued research and efforts.

-M.S., CA

It helps me to realize that I am not alone. Someone understands what I am going through... I find the newsletter has helpful hints and ideas. It reminds me of things I forget, and it helps me remember I am not alone...I recommend this material to anyone involved with BI-Polar Disorder. There are helpful hints, reminders, and success stories, which will help and encourage.

-Curtis, CA

It has helped me to cope with my husband who was diagnosed with bipolar 2 months ago. At that time I did research and came across your website. The daily emails have gotten me through a lot of days. Unfortunately, he decided to move out earlier this week. I am a stronger woman because I know the problem is not with me or the children. I have to be stable for my well being as well as theirs. Please continue to send me emails

-Ingrid, NC

yes it has helped me to understand what bipolar really is all about...yes, I would tell others that there is a lot of information that could help them or someone they love

-Cindy, PA

yes, about a month ago my boyfriend well ex now told me he had bipolar and I had no idea what it was I spent ages looking up stuff and yours is the only one that actually gave me a clear understanding without using all medical terms that I don't understand! although since then we broke up and I think it's because he is in the middle of an episode I also don't know if he's on medication and he's not talking to me so I can't ask but I don't know he has drunk everyday in the last month and now is smoking loads of weed! but thanks to your information I can read some of the signs where as before I knew nothing!!...yes I would [recommend this information] because it was so helpful to me and think it would definitely benefit others!

-Helen, Ireland

Yes Dave I have Bipolar Disorder and I find your emails very helpful...you have helped me learn how to cope with this illness and I have passed your info onto my family which has made life easier for them too!!! Thanks for everything you do Dave!!!!

-Debby, Canada

I was medically boarded from working this year in April (2007), due to bipolar. Since I have been at home I have read all your stuff and it has been my life-line. Please don't be concerned about the negative comments, because I am so sure that most people are helped tremendously by your amazing work. Like all of us, you have your doubts about yourself, it's natural. BUT please don't give up, OK?...CARRY ON REGARDLESS, DAVE!

-Liz, South Africa

I am a care giver and I just want you to know that you are helping me a lot. I just got married on Saturday and received my materials the week before last. I have glanced through everything but not really studied it yet. Your emails alone have really given me some peace. My son is 25 and does not accept that he is bipolar. He goes through long periods of time where he is rational and then he will become violent. You have given me hope by making me more aware of signs. Thank you.

-Natalie, OH

you have helped me a lot. I have Bipolar myself so you can keep sending me all the stuff about bipolar you want!!!! I now know how to get my meds and how to keep my cool when things don't go the way I think they should. I THANK YOU SO MUCH FOR BRINGING THIS STUFF TO ME AND MY FAMILY. You sending me this has saved my marriage.

-Jennifer, TN

you say things that the doctors wont tell us about

-Candice, WV

Dave, Please do not stop the e-mails. You see my daughter and I are both bipolar along with my mother. We have family history. I have found your articles very helpful. They help deal with myself and also my daughter. See I live with my daughter and her family so you can imagine it can get hectic at times. When I have a problem I often go to your articles and read to help me deal with it. You see I save all of the articles you send me. Keep it up... My daughter often reads your articles. When she needs some insight also. Keep up the good work. We find it very beneficial THANK YOU DAVE

-Cheryl, TX

I am a 31 year old mother of 3 with another on the way. I am also married to a man who loves me to pieces but, he does not understand bipolar and doesn't believe in it. He could go to the doctors with me have them explain it to him and he will still think it is all in my head. but what he doesn't realize is that technically it is a problem with my brain. By you sending me emails all the time you keep me going because there is someone out there that believes in this illness and has advice. I'm obviously not on any meds right now because i'm pregnant but i was on 40 mg. of valium a day just to make me normal, i know to normal people that is alot, it would probably knock out a horse. But it did not make me drowsy, or like a zombie. it was my happy medium... I find your e mails very encouraging and would love to continue receiving them. thank you

-Sarah, NY

Hi, I am dealing with a loved one who is bi polar. This is a very complicated thing to deal with, the information has been a blessing in helping to understand and know why people with bi polar do the things they do. I am not bipolar but my heart goes out to those that have to deal with this...Keep up the good work...Hi I would not hesitate for a moment to reccoment your information to others. Bipolar is such a misunderstood condition. Thank God for someone like you...God bless you.

-Grace, Canada

I read whatever I can on this subject to try to understand. Your material along with attending support meetings keeps me "sane" and allows me to help my husband in the ways that I should...Yes Dave, I would recommend your information to others...you tell me enough in your daily emails to get me by and give me strength.

-Deborah, TX

Dave, your information is very usefull and I've used a lot of it to help deal with my girlfriend, no it is not easy but knowing other people are going thru the same thing really helps. Keep up the good work!...Great information!

-Jason, OH

yes indeed it has helped me a great deal. I am a registered nurse, madly in love with the greatest guy who is bipolar. I thought I knew alot until you came along. I would be lost without you. Feels like you are always nearby if I should need you...I have done this [recommended this information]. Both to his reletives and to my collegues.

-Denise, FL

...your E-mails have been very helpful. My son suffers so much from bipolar disorder and I am always looking for help. Any information can give comfort and hope...your e-mails and websites are very helpful. I give them to my son and he reads them and hopefully they will help him deal with his problem.

-Judy H.

My son had been diagnosed with bipolar disorder and I have little or no idea how to start learning about what, when, where to help him or myself learn about this disorder. Most material is for adults and so is lacking for a kid or 12. I read the things you send and then I use it as a jumping off start for research. I's comforting to know someone else cares about us and wants to help us not make the same mistakes or where to go without running in circles. Thanks you for being there Dave. [to others:] I was elated to find this web site. There is so much that one needs to know and it seems no one cares to help them find the answers. Dave's information has given me a place to start from and a few directions to go in. Thank you Dave.

-Roxanne, NY

I have just recently ordered your material. I cant say that I have read it all yet. By the time I go to bed at night , I want to read something completely different after coping with my husband all day. What I have read so far is great. The thought that it is there is a comfort for when things are really bad. As far as your emails are concerned. It is good to get them...I would suggest that someone check out your information if they were dealing with this illness.

–Jenny, New Zealand

David,

I have been working with my bride for twenty nine years now and I feel as you do, I could write a book. I taught Math because the English thing just was not for me. You almost daily mailings have hit home with me. All of your experiences have been mine except the deep debt. I was a little ahead of that as I carried a letter from her doctor as to her condition when I carried her clothes back to the store. No one ever questioned me after that. Your comments about not talking to the episodes as they happen I am now doing. I have adopted a new method with my wife here lately. I am now using a very loud voice, not looking directly at her and telling her that her statement or comment “is not acceptable.” Some of her rants have been from the past and my answer may be “we have already discuss that and it is over.” I taught a Supervisory Course at our local Tech center and one section I came up with was, “Ten ways to say NO without saying NO.” One of those ways was to keep repeating your answer to what the question was without saying NO. The questions range from, “I want a raise” to “I want my vacation in two weeks” and your answer may not be to the employees liking. This method is now working with my bride and I got this idea from one of your briefings. Thank you [to others:] There seems to be something new out there every day. It comes from the “over degreed” persons who have now lived with this problem. David and I have lived with this 24/7 from years. David was born from it and our lovely daughter triggered ours. We also had an interfering Mother-in-law to contend with. David has “walked the walk.” As he continues to state the facts that he is not a Professional anything, he does the facts. Most everything he has written, I have experienced or could have with this disease. I have been lucky and have stayed on top of my problem very tightly. Now David is tight on his Mother and Father. Let us both stay with David and support him in this cause. I almost applied for a job with him awhile back but I have my own problems.

–Paul, SC

I feel like there is someone who understands what I am going through. It was a relief when the doctor told me I was Bipolar because at least then I knew there was some kind of help...Your newsletters are a life line for me and I would tell others about them. when I open my e-mail and there are 25 or 30 in there I start to panic but when I see that one of them is from I calm down. Thank you so much David

–Jacqueline, NV

It has helped me tremendously. I love reading your email—it actually gives me comfort to see your messages in my inbox. My daughter is bipolar and everything you have said has helped. On the day I got the one about not getting caught in the bipolar doomsday catastrophe, my daughter was complaining about just that. I avoided getting caught in it, and it somehow worked out. I understand the importance of medication, but she has no insurance and can't afford it. Everything you have said has helped...

–Beverly, MA

Dear David...your material on Bipolar Disorder DOES help people, myself included. I also forward ALL OF YOUR INFORMATION to my sister, and my oldest son. And my sister is very, very much into the material that you send... YOU ARE DOING A FANTASTIC JOB. AND PLEASE DO NOT STOP WHAT YOU ARE DOING.

–Sherry Emery, NH

Hello, I really appreciate what you send...To be honest i just read what the newsletters say coz i cant afford the course right now. I subscribed because my boyfriend is bipolar. I have been with him just for 2 months and he told me what he had. The thing is that i met him when i was in Israel for vacations but i came back to Mexico (where i am from). I was thinking about stayin there and continue livin w him, but he told me to move to israel just if thats what i really wanted. He told me that he would really like me to be there with him but he told me to do it for myself, not for him. We have been in touch chatting and we speak almost daily on the phone...The thing is that lately i have gotten very anxious. When i call him and he is all sad or tells me he wanna talk but that he just cant, he says he has the ideas there but that he just cant express anything i am making the BIG mistake of gettin mad, tellin him he doesnt love me... i even asked him for some time off of eachother(no calls no chatting and im feelin terrible... Thats why today i went through my mails to read the things u send which I hope can help me. And thats why im writing to u now. I really do think that this is not stupid. Its very helpful. It helps me a lot because even tho I dont live w him,(i lived w him 2 months back there)i need to be prepared and informed if i do make thebig step of movin with him. And if not, anyway I am really interested in readin all i can to know how to deal with it even if we r far.I really love him. Anyway, thanks for reading this and i hope to get the course soon.

I would recommend it of course. I just dont know about other people close to me with bipolar disorder. I would like to send the info to my boyfriend who has it but i dont know if he would react good to it. Once he told me....the most difficult think to do is to accept that I have this illness, when i will accept it things will be better.

–Adriana, Mexico

IT HAS BEEN VERY INFORMATIVE TO ME THANK YOU SO MUCH...YES I THINK IT WOULD HELP ALL PEOPLE EVEN IF THEY ARE NOT EXPOSED TO BIPOLAR

-Vilarah, MO

Your materials and letters have let me know I'm not alone in the problems my husband and I face with his bipolarism. It's easier to handle some of his episodes now that the rest of his family have read your letters and have a better understanding. I wish we could afford your full course but as you can probably understand we are so far in debt and both on disability (social security) that it's not possible at this time. THANK-YOU!!!...I have shared the information I receive in the newsletters with family and friends and now we have a stronger support group for my husband and each other. None of us feel alone in the battle to help my husband or each other. You've given us more hope for a better future working together using your strategies and ideas. THANK-YOU!!!

-Tammy, TN

Your material Dave has helped me and my roommate since we are both Bipolar. We sit together and read your information and see how simulars things has happened to us. My roommate cried on one of your letters but I can't remember which one exactly. It had to do with spending money and how people view Bipolar patients, she literally cried really bad cos she said that it was her to a tee. So don't Stop okay, ur helping us GREATLY! We get along great and it's because we understand each others limitations. I know for myself I wish more people would read your material because it like a Dictionary and Bible in one. You have information right on the nail. Keep up the good Work...I would definite recommend it to others to read and take to heart like believing in God the Almighty. Your wonderful David Oliver you really understand us aliens from outer mind space. It really helps when we are being persecuted for something that we have no total control over. Again Thank You

-Cheyenne, CA

Your material helped me deal with the way i handle my husband,there are many of times when he gets into his biploar moods when I think of saying mean things right back to him then i think of some of the things you have written and i stop myself,, I myself am throwing in the towel i have been taking care of this man for 19yrs and sometimes[most of the time] i think he is using this mental condition as the reason he does everything wrong,but i do think your material is useful so keep up the hard work,thank you...I have sent this information to my husbands brother so we can try to understand this mental condition,and as you and many others people with biploar dont have many friends or family left that give a damn so i sent this to him so he can try to understand his brothers condition

-Jacqueline, VA

Yes Very Much so...David's research has helped me in many ways of understanding my Son's Bipolar Disorder

-Robin Newman, MI

David, your information is insightful, unfortunately because of my wife may be bipolar she refuses to read along with me...David, your doing a fine job, keep it up...

-Mark D.

Dave if you only help one person get thru dealing with bipolar you will have done better than if you give up on telling people about your experiences with this disorder. You have helped me stop crying and to start to think what I can do to help my son. You have kept me from having a nervous breakdown about him being so unusual than he used to be He never had bipolar until he became hiv. So don't stop what your doing ,you saved me from going crazy...when there is no hope or no one to talk to about this disease it feels very good to have someone that has been thru this and knows something about what is going on. Thanks for your help... Cause the doctors don't tell you much about this.Yes I would recommend your site and info for anyone that needs this

-Margaret, MO

i love getting the info i have become more aware of what to look for and understand my friend so much more thank you

-Cathy

My son, age 48. who has been diagnosed with Bipolar Disorder, lives in Michigan and I live in California. He seems to be doing fine without any support from me; however I ordered your course so I would better understand what he is going through, and could support him if he ever needed my support. I read your e-mails, but have not had an opportunity to read the information you mailed to me. It makes me feel better to know I do have your book here and can look up anything that I need if any questions come up. So far, he is functioning very well, is a manager in a large corporation, and seems to know how to take care of himself with his doctor's help. I am very grateful he is doing so well. I am also grateful for your e-mails as I find them very informative. Thank you for providing the service...My son is the only person with Bipolar Disorder that I know; and if I ever come in contact with another person who mentions Bipolar Disorder, I would tell them about your service. When I told my son I had subscribed to your service, he did not express any interest in doing the same. He said he hoped it would not scare me when I found out more about it, and to please "know I am doing fine.

-Hazel, CA

My wife was recently diagnosed with bipolar after being admitted to a mental hospital. I ordered your materials "What you need to know before marrying someone with bipolar" and found it very helpful. What I like best is that you provide "real world", practical, plain spoken advice and guidance to those who live with someone who has bipolar. It is not couched in terms used by psychiatrists or tainted by concerns of mal-practice, hippa etc. that you get from doctors. Your materials are very specific and to the point...Absolutely I would recommend your information and I already have to other family members affected by my wife's illness.

-Philip, MI

I HAVE FOUND IT VERY HELPFUL AND HAVE EMAILED TO MY FRIEND JOYCE IN SO CAROLINA PLEASE KEEP UP THE GOOD WORK IM TAKING CARE OF MY GRANDSON 27 YEARS OLD THEY SAY HE HAS OCD BUT ALOT OF WHAT IM READING ABOUT BIPOLAR SEEMS TO FIT HIS CONDITION THANKS AGAIN...YES I MOST CERTAINLY WOULD [recommend this information]

-Theresa, KS

it has helped me understand my disorder very much . I now know why i do some of the things i do and how and why i feel the way I do . i send you info to members of my family and they now have a better understanding . thank - you very much...yes i would recommend it . it is informative and wellwritten for a great understanding

-Debbie, Canada

I think you have a great idea of the bipolar illness and should keep it up.

-Aidan Peiser, South Africa

I can't speak for others but...my daughter-in-law has said for years that she was bi-polar but it was just a title to us. We knew her actions were different and troubling but until we read your info....we had no idea what was even involved. Her marriage was on the rocks and the whole family had pulled away from her because of things she did. Now....from reading your info. we understand the motivation behind her actions and...from her reading your info. She has finally agreed to seek help from the medical community, which she had refused for years, after reading your info. After the first few pages...she said "this is me...I need help". Please don't stop writing. We are at the beginning stages of treatment here and just knowing your not alone is a big help. My son (her husband) Chris is the one I put on your mailing list at my e-mail addy...because I knew he was at his witts end. I print them off everyday and give them to him and together they read every word...we just use the free info but I would recommend it to anyone who is trying to understand this condition and needs help to cope.

-Rita, IA

I love getting your emails daily. I finally feel like there is help for me and my son, and you are the one that has given me hope. Without you and your emails I would still be looking for answers in all the wrong places and getting angry...I had to share just this week and friend of mine is having her daughter tested for bipolar as I write this. She will also find comfort and help with you.

-Cindy, NC

Yes, I now understand more about Bi-polar, my best friend has bi-polar, and I never knew that. One evening when we were sitting in her carport talking and smoking cigarettes, she came out and told me that she was bi-polar, and I said, ok, what is that and she explained it to me, but I really didnt understand it too much, but I started to learn more about it, but it never really set in because she takes her medication, and she never really had an episode. but she does have signs of small things that bother her and its those small things that I am learning about. So yes, your newsletter does help me.

-Eric, FL

Dave,

You have helped me understand if not forgive my mother. I find your emails to bring comfort and education on a social level...I would [recommend this information] because it educates at a grass roots level. I do have to say I am not sure that you are an actual person or an organization. However, I still appreciate your emails

-Michelle, OH

i am bipolar and i look forward to you e-mails every single day, don't let some people get you down, there is always going to be somebody that makes you feel like you aren't doing something right. i have been going through a real rough time lately and i mean real rough, i am on the verge of checking myself into the hospital, i can't stand to be around anyone or have people even talk to me, i have been mean and hateful and have hurt alot of peoples feelings, but i read you e-mail faithfully, i have called and made myself another appointment to get back into mental health and get on the right meds again, so thank you for helping me and probably thousands more out there—please keep it up and god bless you and your mother!!!!...i would recommend your information to anyone who is bipolar or has to deal with anyone that is bipolar, one of my daughters said, why do you act like this, you don't have to worry about anything, your husband takes care of you, i think you do it for the attention. i tried to tell her you don't know how it feels in your head, she thought i was faking, it made me mad and it hurt also. i recommend people read this so they will understand there are so many other people that suffer the same way and we are surely not faking, why would we possibly want to act like this. I recommend it highly!!!!

-Amanda, NC

I am supporting my daughter who has been diagnosed with bipolar disorder. It is very difficult but reading your e-mails has helped me a lot to understand and deal with her. Your tips and stories keep me going. My daughter has also been diagnosed as an alcoholic. She doesn't think she's an alcoholic but she can't control her drinking at times (in a party situation). She agrees with the diagnosis of bipolar and is taking her medication. She has burnt a lot of bridges with her drinking and is feeling isolated and depressed. Do you think her alcoholism is part of her bipolar disorder?...I am very difficult dealing with a loved one with bipolar, but reading the e-mails is very helpful.

-Ann, Canada

I didn't know anything about Bipolar Disorder prior to receiving your emails. I take care of people with disorders and handicaps in group homes and Bipolar is one that seems to be involved in a lot of cases and so I needed to know more. By reading your letters I have more insight as to how to manage them within my position...I would like to thank you for taking the time out of your very busy schedule to write down what you have learned and are learning to help other people with their struggles no matter what their situation is... People need to be reminded that there is always a positive in all we do, if they just open their eyes and mind to it, you are doing that for many.

-Sue, MN

Yes, I would [recommend this information]. I think with your personal knowledge it is a plus. I am very impressed.

-Debbie, NJ

It has validated and supported other information I have received from various sources. It has been easy to introduce my family to all of this without much commitment on my part (forward the lessons). At other times it has given me words or thoughts to direct my thinking...as it is intended, to be a source for those around the person with bipolar and as a businessman not a charity it is a good lead into this world of illness. It gives some ideas as to what you are softselling and tries to be tender and personable. I have thought of trying to write for you myself. There is no greater complement than to say you would attach your own name to the group effort here.

-Raymond, TX

You really helped me and also my family. I really do appreciate your e-mails and hope that you do continue sending them. I need the information so very much and I also hope that you do not close this site down...I would recommend this site to anyone that needs this information, as I do. In fact I already have. People need this information...

-Beverly, TN

Your newsletter has a lot of good info in it...The BiPolar newsletter has some very good tips on dealing with the illness, for one's self or one's loved ones.

-Vicki, CA

Dear Dave...Rest assured, most people I'm sure, get alot from your hard work and emails. I know that I do. In fact, I look forward to them, and when I don't get one everyday, I feel sort of sad. My sister has bipolar. The last 40 years have been a roller-coaster ride. Your emails help me tremendously; first off because of all the information that you so graciously share for FREE. and secondly, I feel supported and like someone understands - FINALLY! After years of going through this alone, not knowing what to do, or how to feel, or how far my responsibility carried me - putting up with the mental health laws and system (that would consume a whole nother email miles long) and the DR's and the changing of medications, and the fact that my sister sat on her couch for a year and 1/2 comotose and NO ONE from the mental health system or the magistrate was very helpful.....REST ASSURED, your emails are priceless.....There will always be MORE people than not, who appreciate your humor (you have wonderful, dry humor and I love it) as well as the time and dedication that you take gathering information JUST SO YOU CAN HELP OTHERS. Let me say that againJUST SO YOU CAN HELP OTHERS. Truly Dave. When you get to the end of YOUR journey on this earth, and you stand before the great God of the universe, who created all things.....I am positive that God will turn to you in all sincerety and say "you did this for the least of mine.... good job Dave". [to others:] Of course I would recommend Dave's information on Bipolar to others.....I have not purchsed the material but I do get the FREE emails and they are always welcome and appreciated and I have found TRUE. Plus, Dave has a wonderful, dry sense of humor, that even if you are in a worried state of mind.....he makes you laugh and chuckle about the ironies of life! dont' give up Dave!!!!!!!!!!!!

-Alicia, VA

You're material on Bipolar Disorder is really a great help to me and I'm glad that you are making this matereial available to us on the internet. I'm Bipolar and I just happen to stumble on your web site while I was on the computer on one of my sleepless nights and I'M still enjoying your e-mails with the material...I would recommend this info on Bipolar to others because it can help you or help you to help a family member with insights and ways to deal with issues that they or you could be going through or been through and it wasn't understandable at the time or thingfs that can happen in the future and things to look out for.

-Lashaunda, CA

For years, I watched as my husband struggled through life. He had periods of being on top of the world...great ideas and so sure of himself. This would then lead to failed job attempts and monetary problems. I would be stuck with trying to find solutions to our debt problems, often working two jobs while running a household with two children while he went into his "shell" which I've learned to understand better by reading your emails loaded with feeling and information...The panic and fear that struck him was worse than the depression...he then decided to give up on the medication and, after telling me about going off of it, I got him to realize he needed to see someone else. We found a doctor who appears to understand Bipolar and who has him on track at the moment with the prior medications. Before making any quick changes, he is running some tests to evaluate him medically etc. I need help to endure this. I need support but not the feel sorry for me kind of support. Your emails and mini course parts get straight to the point. The feelings you describe, the examples you give, and the direction (strong encouragement) you give is what I need. I've gotten mad at you, laughed with you, and cried because of your words. I can identify with so much of what you're saying and feel that someone truly does understand me...I need that...We supporters may not always like what you're saying because the nerve you hit may be too close to our hearts; but we need you!...I would definitely recommend David's information to anyone whose close loved ones suffer from this Bipolar illness. They need to "hear" the information and examples he gives to be better informed and prepared. Most of all, they need to hear it in order to take care of themselves first and then their loved ones. No matter how strong they think they are physically, mentally or emotionally, they cannot go this one alone. I have a staff of 26 people responsible for one of the regional operations of a billion dollar company...I can solve just about every problem there; however, this personal one is far greater and I have no resolutions. It's too close to the heart. I need help...we need others on our journey.

-Alice, IN

HI DAVID...ONLY RECENTLY HAVE I FOUND YOU AND YOU HAVE GIVEN ME HOPE AND THE COURAGE TO FIGHT THIS MENACING ILLNESS. IT WILL NO LONGER CONTROL ME, I WILL BE IN CONTROL OF IT. YOUR RESEARCH AND INSIGHT INTO THIS ILLNESS PUTS MANY DOCTORS AND SPECIALISTS TO SHAME. EXPERIENCING IT AND LIVING WITH THE CONSEQUENCES OF SOMEONES BIPOLAR BEHAVIOURAL PATTERNS, IS NOT SOMETHING THAT 10 YEARS AT MEDICAL SCHOOL CAN REALLY GIVE THEM THE INTRICATE INSIGHT THAT IS NEEDED TO HELP MAINTAIN A MANAGEMENT PROGRAM. I LOOK FORWARD TO SEEING YOUR NAME POP UP ON MY LIST OF EMAILS, AS EVERYDAY I LEARN SOMETHING NEW. KEEP BRINGING IT ON DAVID YOUR VERY MUCH APPRECIATED IN MY HOUSE MANY KIND THANKS

-Rhonda, Australia

I love your articles. My daughter's father, I believe has bipolar disorder, but he hasn't been diagnosed by a doctor because he doesn't believe anything is wrong. Your articles have helped me realize that it's NOT me and that I'm not CRAZY. I was starting to wonder about myself. I look forward to reading your articles.

-Tiffany, FL

Dear David, yes your emails are a help to me..My husband has bipolar and it has been very difficult to say the least to deal with...He lost his job, has committed adultery many times...You have helped meI look forward to seeing you emails in my mail box everyday...I still do not understand bipolar.....I hope to some day....but just knowing there is someone who has been through this is a big help to me...Trust me when i tell you i have cried many tears over this man..thanks David for caring...Yes,i would recommed this to others.you won't be sorry.

-Deb, OH

Hello Dave,

I look forward to seeing your information every single day. I can not wait to get on a computer just to go to my mail box.(so9metimes I cheat, and use a computer during lunch time) My wife has been having trouble with her bipolar ever since she was diagnosed in December, 2006.I bought your course just 3 weeks ago, but still read the emails. I cringe at all the mistakes I have made with my sick wife, and I had even filed for divorce. Without the help of your daily reports, I would have made a ton more mistakes before receiving the courses. I may not be able to save our marriage, and even have considered just a legal separation, but I certainly have a better piece of mind either way. I will keep on track with both your daily mailings, and continue the workbooks and audio cd that come with the courses. I have not yet been able to get my wife to start the bipolar sufferers course yet, but the supporters course is worth 30 visits to a therapist. Thank you.

-Bruce Chamberlin, CO

Hi there dave... I'm maybe not a success story, but everyday i'm still striving to help my friend with bipolar. Your information gives me hope and light at the end of the tunnel, it amazes me how selfless you have been in terms of how much you've given. it's a good learning framework. you provide a realistic and empathetic approach especially from a carer point of view. i feel lucky to be part of this support group...This is an extensive resource that provides information on being a carer for someone with bipolar. More of the empathetic and realistic nature of some difficulties one may have to deal with and how to manage them appropriately. this extends from a truly selfless individual. very valuable experience

-Nyasha, South Africa

My brother and my daughter have been diagnosed with bipolar disease. Your emails have helped me to understand them and deal with them. They have bipolar to a lesser degree and for years it had gone undiagnosed. I always read your emails and enjoy your advice. Keep it up...Yes I would recommend your information to others.

-Christine, MI

I really do think that all the info you give is helpful.I haven't been able to get through all of the emails,but the ones I have read have helped me realize that I really need to be there for my brother...I would recommend this info on Bipolar to other people.It is very helpful on so many things that everyone needs to know about Bipolar.

-Susan, IA

I have been dealing with two of my teenage children who have Bipolar Disorder, a sister or two with Bipolar Disorder and various other family members who are just as bad. In my family if you can get it you bet someone in my family has had it. Your e-mails sometimes give me ideas that I have not thought of myself. I have done a lot of research on this over the years and it is nice to have someone else's perspective once in a while. It is also nice to know there is someone else out there who knows what it is like to try and be a supporter...I would very much recommend your information to others. I have at times recommended places to get information to help people out. It comes natural when you know the heartache it can be to support someone who at times is very unstable. On the other hand they can also be very creative and a lot of fun.

-Christine, CO

Hi my name is Robyn and i have a 13 teen year old with Bipolar she has really bad mood swings and she is on meds for it i sometimes dont know what to do with all the trips we make for her to go to thae drs its hard when you live pay check to pay check...I like the id of what you are doing and telling me a new way of making money it is hard like i said befor its hard to live from check to check. and exspecialley when you have appontments twice amonth.

-Robyn, MO

I have a sister-in-law that suffers from Bipolar disorder. She was actually diagnosed with it but has failed to follow through with treatment of any kind. She is absolutely the most miserable person I've ever met..she hates herself along and most everyone that comes into contact with her, hates her too. Your emails have shown me and given me in-sites into her illness and personality, plus have given me good resources for her...I have already recommended your information to my other relatives that are trying to deal with my sister-in-law. I forward your emails to them everytime I receive them.

-Gerre, NV

For years I have wondered what causes my husband to act so crazy at times. I thought it was just an anger problem from all that had happened to him all his life. After reading your emails I learned that it is a strong possibility that he has Bipolar Disorder. He can be so kind most of the time, so loving most of the time, then out of the blue, he just goes off, screaming and yelling at me and all the people that he knows deep down inside love him so much. He and I have talked about your emails and he is open to the fact that this may very well be what's wrong with him. Sometimes he can see it too in himself. Unfortunately, he refuses to see a doctor but I am thankful that he is seeking God for help, so I do believe that with God's help he someday will seek the professional help that he needs. Your Bipolar Disorder materials have helped me to see what is wrong with him and how to help him and also help us both. I know more on how to deal with him and still love him. I know in my heart that someday he will seek what he knows will make him better and I'm sure that day will be soon... the free newsletters are a big help in coping with this and learning how I can help him and myself as we go down this road to a recovery someday. Thank you for the free newsletters and your advice as a person that has and is experiencing the same things with your mom. Keep up this wonderful newsletter, it has definitely made a big difference in our lives and helped me tremendously... I would definitely recommend this email to anyone that has this disease or to anyone that has a loved one with it to get this information and read it and use it. If you can't afford the whole thing then please accept the free version of this newsletter cause you would be surprised how just the free newsletter itself will help you in so many ways.

-Lori Kirby, TN

Yes, I would [recommend this information], because caring for, or being bi-polar is such a lonely business, and your letters mean contact. Sometimes, because you are in America and I am in England, the information is not so relevant, ...but that does not matter. This is a human condition, and as humans we should try to assist wherever we can.

-Dawn, United Kingdom

It has helped me remove the stigma from having a mental illness. I'm living independently and your emails have taken a lot of fear out of having bipolar. I'm seeking to prevent the next relapse. Your work is very contributory. Please keep your emails coming... I recommend this information on Bipolar because of the quality of research and personal experience that has gone into compiling, educating the people about the mysteries of having the illness. Some of this information can't be gotten at the doctor's office or from counseling. I appreciate your hard work in getting this information out to us.

-Patricia, GA

With people around me having the disorder, you are a great help to me. I am able to understand better my wife, mother-in-law, my sister-in-law, and my sister. The last three persons do not live me. And I also observed that they responded positively, especially when they relate to each other, and the bonds between them have greatly improved. Before, they usually screamed at each other even just for minor things. Even my daughter was affected whenever my wife screams for her minor infractions, for which I have to do some damage control. These tantrums lessened as I told all of them what you have been writing me about the bi-polar disorder. Thus, my mother-in-law decided to stay with us. Thank you very much. You are doing great in your vocation...I am recommending your work to everyone, even those who may not be suffering from the bipolar disorder because we all need the information to understand each other. By understanding one another we will have peace, and we need this very badly.

-Saul, Philippines

...Those informations, your letter has helped me a lot to analyze my own situation... although i dont i have the books but your email everyday has helped me a lot, emotionally and physically its beneficial. I REALLY WANTED TO THANK YOU FROM THE BOTTOM OF MY HEART for all the effort. Just to see my name at the beginning of ur email, it really cheers me up everyday. Sounds like, hey Lynn cheer up! This is how to do it! Thank you David! I'm hoping one day i can have all the books and materials that you prepared for US. God bless and keep up your GREAT JOB! I will pray to God to keep blessing you and your family as well. Thanks God for your wonderful and big HEART! I salute you for that... you're one in a million David. You're emails and ideas really are amazing for me... I was thinking that God has sent me an angel for those mission impossible. [to others:] I suggest to other BD supporters to take David's ideas in a positive way... just try to analyze you own relative's situation first, spend sometime and make a decision using some of David's ideas. It will surely help... Let's improve the cycle by applying healthy suggestions and ideas from David... telling you... you can make a difference for you BD patients. I just did it in the most simple way and then I found some good signs of improvement. I hope you can see the light there... Thanks!

-Erlinda, Philippines

I Have Bipolar,Dave and for the most part find your Information helpful...Your emails have ALOT of Info. on how to find answers to alot of questions. [to others:] I have BiPolar,and I feel that the information Dave sends out is Very Informitive.While I may not always agree with Everything. He has done a lot of Work on this.And what he does I know is Costly. And anyone that has or deals with a Friend or Loved one knows that is Very Costly. But I DO by All Means Recomend Dave's Courses or Whatever else you may find helpful. There is info. to suit everyone's needs.

-Ruth, IA

I found your site perfect timing I have just been diagnosed with Bipolar disorder at age 48. I am trying to learn everything I can about it. I feel that your site has been a God send for me along with the psychiatrist that I managed to find who takes medicaid. How I found her is amazing in itself...Thanks much...I definately would [recommend this information]. I just got my firstnewsletter and am going to give it to my 21 year old son to read who I alsothink could be bipolar. When he was very young his teacher thought he hadadhd and they wanted me to put him on Ritalin but I really didn't think thatwas the problem. Now I believe I do know the problem. This whole last 2months has been very enlightening for me in so many ways. Your e-mails arereally helping me to cope. Please keep it up. Thanks for caring,God bless

-Karen, IL

I have been reading your e-mails daily, and yes they do help. I am bp/cutter, 40 yrs old. I also do my own extensive research and so far your suggestions are more helpful—Thank You for that...I have recommended your site to my sister who is alsobipolar, she calls it a light in darkness.

-Susan, FL

David... you know very well that you help, God knows how many people every single day. If you start doubting yourself, so will others. All the positive feedback should help you to stay on the path that God chose for you. Don't give up now. Your'e better than that...I've already recommended your information and hard work to several other people.

-Eileen Moore, FL

Haven't been in the "game" long, but find your information useful. I've learned a few things I did not know. Rather suprising how much in NOT said by my phyciatrist, especially about the effects of over-the-counter medicines, caffeine etc...Yes, I would [recommend this information]...

-Thea, South Africa

Dear Dave,

I have been reading your emails, I personally have not emplemented any of your info, only because the one person I know of with Bipolar is not around me at all. I ocasionally hear about him and have mention your site although I can't say he has actually visited. For me it is always a good idea to learn as much as I can and keep an open mind when it comes to different mental disorders. I have worked with people that have sufer from bipolar beside other ailments. In any case I strongly feel that you should continue the news letter one never knows whom it will help...I will recommend your information on Bipolar to others.

-Elizabeth, CA

I am new to your little family, But I am hopfull that it will help. I have been dealing with Bi-Polar disorder for eleven years now. My husband and step-son both have it...I have already sent this info to my mother becuse my step father has it.

-Tonya, CA

I have grown immensely from your newsletters. My daughter is severely bi polar and being a single mother of 3 and being only 30 years old and also diagnosed with fibromyalgia, digestive disease and being severely over weight, she has a lot on her plate. I am usually the one that takes the brundt of her anger, anxiety and frustration and your newsletters have helpd me deal with her. Thank You for your help.

-Joyce, AZ

Of course you're helping people, don't worry. It's nice to hear what you have to say about Bipolar especially because of your experience. My family and I have just found out that my youngest sister is Bipolar. She is 16. For over a year now, she has been taking anti-depressants, and they haven't really helped. My parents have absolutely no control over her at all. I am the oldest of four daughters and none of us have had the discipline problems that she has. It's like she has split personalities. One second she is the sweetest person alive and the next she snaps and it's like you are talking to the devil. She tried to kill herself by taking a whole lot of pills about a month ago and when that happened, her doctor put her in a mental facility where they watched her for about a week. While she was in the hospital, that was when they determined she had Bipolar Disorder. And it made a lot of sense to us, because we knew there was something else under the surface besides her just being a depressed adolecent. She even said herself that she doesn't know why she says some of the terrible things she says or does some of the terrible things she does. She says she has a hard time controlling it.... It's obviusse to me that we don't have the means to protect her from herself. While she is in the hospital, they will be able to protect her and figure out the right medicine/dosage to give her. Hopefully she will be on it long enough to start affecting her. We are praying that she will become stable enough to come home and in the meantime we are trying to educate ourselves about Bipolar Disorder. When she comes home, we will have a much better understanding of what she is going through and we will be better able to help her. That is how you are helping us now. My parents and my sisters have all been reading your emails and we all believe it is going to be very helpful for when she comes home. I realize this story isn't too much of a success yet, but we definitely feel we are on the right path. We have always been a very close family and this has been so hard for us, but I think that because we are so close we are already at an advantage. Thank you.

-Jenna, TX

I found it to be very informative . So keep your chin up and if you help one person you've served your purpose.

-Lesley, South Africa

it has helped me identify what to look for if i suspect a friend has bipolar....or even myself.

-Lilian, Kenya

My daughter has Bipolar Disorder and is in treatment for meth addiction. Your letters have helped me a great deal and I appreciate that you take the time to do them. Thanks...I would recommend your info to others if I knew anyone that was dealing with the same thing.

-Rocky, NE

I found your information very helpful. Please don't quit! I have recently had to deal with a few negative people myself. What I do is: keep doing good, keep a positive attitude, don't let those with negative attitudes dictate how you will be. This is a good thing!...I would recommend this information to anyone who is interested in doing something to help their situation. There are those who don't really want to help others or themselves, and they express that with their negative attitude. Your personal experiences are testimonies of what works or doesn't work. We need these testimonies.

--Anjela, WA

Hi David, Thanks for sharing your experiences in dealing with your bipolar Mom. I am a bipolar supporter to my husband and it's been difficult. I found your website and it has helped me not feel alone and has given me the courage to step forward and insist on being a part of his medical treatment and therapy. I have learned to watch for triggers that may spiral into an episode and I can help get things back on track before it gets bad. I have learned this from you! So, thanks for everything! Keep up the good work. It may save lives and help families cope with this mental illness. [to others:] David Oliver's website has very valuable information to help families deal with bipolar. And, it is a family issue! It can help you feel like your are not alone and overwhelmed with no place to turn. He seems to have the answers to whatever you are feeling. I would recommend his website to all that are struggling with this terrible mental illness.

-Sue, OK

I read you e-mail everyday and I thought I knew everything there was to know about bipolar because I have 3 children that have it! How was that for luck? You have given me several useful ideas and I appreciate you very much. PLEASE DON'T QUIT US!! I pass your suggestions to my son-in-law who is in denial of my daughter's problems.

-Brendy, CA

I am getting information about Bipolar because my son might have this after having brain surgery two times. The information you have given has really opened my eyes to somethings I have overlooked. Thankyou for your information and help...Yes, I would [recommend this information] to enlighten them on what Bipolar is all about.

-Gracie, MI

I knew little about bipolar, but found myself wanting more when my granddaughter was diagnosed two years ago. We are very close and my emotions run the gamut of lows at times when I have seen her and she cannot sequence and is acting ditzzy...Your emails have helped me to realize there are a lot of people out there with bipolar. It has also taught me what to expect and how to handle the rough spots. Your emails are like a friend who has been through it all... Please keep sending the emails as I am also supporting my daughter who is still in the denial stage. [to others:] I recommend David Oliver's information on bipolar as he has dealt and learned first hand the hi and low points of this condition. His information is straightforward and interesting if you are supporting someone with bipolar.

-Gale, VT

I suffer from bi-polarism.I ahve found your information truthfull and honest.I have done some leg work on my own and also found that your information can be used in different aspects of life.It has suplied me with knowledge you can even take to court.It has allowed me to let go of things out of my control.Sounds almost like a 12 stepper,but no,it is not meant that way Please keep up your work,some people as myself which are on disability can not afford your program,the little letters have been great.I even brought them to the attention of my psychiatrist,and psycho-analyst,and they agree with oyu. [to others:] If you can afford this program,I would recomend it for others,I myself am using the hsort course,and find it very helpfull and find it valuable!

-Tony, CA

It has helped me better understand someone in my life who has bipolar...I would definitely recommend your information to someone who has limited knowledge about bipolar, whether it be a supporter or someone newly diagnosed.

-Jaime, TN

My ex-husband is bipolar and my second son is very bipolar. Your letters mean so much to me...they are most helpful.

-Susan, AZ

David. Your mini course and other emails are great! Keep up the hard work you do. You are helping alot of people!

-Kathy, SD

My adult daughter has been diagnosed with bipolar disorder after many years of being treated for depression. I want to understand her condition and help her. I read all info that comes my way. I lost my husband of 44 years last December...We both agonized over how best to help our daughter. Your information is valuable to me...I would recommend this info to others, but only if they expressed an interest first.

-Julia, NY

Your information has helped very much. I am Bipolar II and trying to explain has been hard for me because most people only hear about the people who have very severe cases. They don't realize that we are people too. I am very glad to know about how this affects my family, because they tip toe around saying anything that might hurt my feelings. I know am able to let them know as well as my friends that it is ok to let me know that I am getting out of hand and tell me what I have done, or not done as the case may be. Also I can notice when my mood is starting to swing, and I have told my family to please not treat me like a child because I am not, my moods might not be working right but I still have a brain. PLEASE do not stop, when I have the time and focus power to read, your research has helped me soooooo much. Frankly, to tell you the truth I have a hard time sticking to doing the research I know I need to do, mainly because the stuff is written for doctors and is boring...I have already recommended your site to others, who are bipolar as well as their loved ones. I have also told as many of my family as would listen to me, and are still talking to me. I have been actively trying to repair some relationships I hurt during the time I was in denial. Your site has helped repair some of the damage I caused thank you very much.

-Sharee, OR

Yes David this info let's me know I am not the only one out here that thinks are going wrong for. Or that I can not seem to make a right decision, at times It seems like I, m so ... stupid I don,t know what to do with myself but there are other times I know I very bright. Your info let, s me know I am not alone and more importantly that there is help. Thank You David ! for sharing your information with me. [to others:] This information is a great Learning Tool for either or, If you are Bipolar or the Loved One of a Bipolar. This information you could be receiving is great to let you know trigger signs and warnings that a bipolar episode is about to come on, or depression signs are showing so let, s intercept them, with information on possible ways to help with anger issues or flashbacks r anxiety issues. What ever the issue there is info on it. So set back read be knowledgeable and hopefully be happy.

-Tina, VA

It has helped me by allowing myself to understand what the illness is. It has also taught me what to expect in the future. I really hope you don't stop sending them out. I have also been sending them out to my mom and my boyfriend also my one girlfriend who has a stepson who also has bipolar. He is I think 10 also his sister who is 8.

-Melinda, OH

Helped me understand my partner. It has been hard on me, but I made a pact with my LORD to stand beside her. I have had to be very patient... Yes I have showed her the material and she can't relate, but she says you are sincere, and needs encouragement. God Bless you.

-Keith, Canada

Your material helped me to identify the issues that come with having someone who is bipolar in the family. I know symptoms and issues but since my step-daughter will not get help that is where the help stops. So yes it has helped but not to the point where I can do any good. Thanks for the information and time you put into this system... I have given this site to several people who are dealing with bipolar relatives and passed on parts of your newsletter to help them understand the depth of this problem.

-Susan, TX

I think it is very informative, and I can relate to a lot of the things you talk about. I am having to write all the information so it takes me a while to study everything out. But I really appreciate all the work you have gone through to help others that want to be helped... I have a nephew who has been diagnosed with Bipolar and it shows me ways I might be able to help him if he is willing to accept that he has it because some people don't and don't want the help.

-Linda, KS

My boyfriend and I had just broken up after a short relationship of 4 months... so it has helped me sort things out. He had told me a month into the relationship and that what I see is what he is... and I had already liked what I was seeing... but forgot to mention what would happen when not taking his meds. right... he left before his episode got too bad... he relied on his ex-wife a lot still... I think it is a comfort zone for him... I haven't heard from him in 2 weeks... keep up the good work and you did help me in the short time I needed it and I'm sure in long time if I had needed it... this is not a success story because we have broken up... but thanks for the help... all the best... yes I do recommend your info on bipolar to others... because it's not in medical words... I won't say it's easier to understand, because it's a hard illness to understand... but you could feel the concern you felt and knowing that you had dealt with the illness one on one

-Becky, Canada

My sister-in-law has bipolar. Your information has helped me understand the situation better. I feel I can be of more help to my brother and their children now...I have sent your web site address to my brother.

-Kathy, MO

David, I enjoy reading your e-mails, postings and website. My situation is a bit different, as I was in a 3 year long-distance relationship with a wonderful man who is bipolar. He became hypomanic in March, went off his meds, stopped calling me [which we did faithfully everynight, at least], and started to become delusional and grandiose. It's been an absolute nightmare. I have been numb for weeks over "losing" him. His sister, ex-wife another friend of his and I are all in constant contact to make sure that he stays safe. A person who is mentally ill has the right not to be treated by a doctor, and not to take their medication. Everywhere we turn, we hear the same "threat to self or others" criteria. I haven't really come across any information that will help with my situation- but have found plenty of useful things and I appreciate all that you do.

-Heidi, WI

Absolutely YES, your information has helped me tremendously. I read it ALL faithfully. It may not all apply to me and my bipolar son but it truly helps to keep me in the right direction. I print it out for my husband to read also. We feel we can never have too much information on this for our own survival. We have gone through a lot of the same situation you have but only wish we would have know more at a crucial time when it was at its worse...I recommend your information to ANYONE going through these difficult times. You can NEVER get too much information. It is called survival. You do such a great job in all aspects of this mental disorder. KEEP UP THE GOOD WORK. This is the first time I have actually told you or written explaining how much it has helped us handle bipolar. I apologize for not writing sooner. You are doing a fabulous job. KEEP IT UP.

-Syble, TX

I love David's articles and am still in the mini-course. I have Bipolar II with anxiety/panic disorder. Some of the things he suggested are things I have done and researched for myself. So, I know he DID his homework. My husband and I thank you for the material...I would most certainly recommend this to everyone!! I myself have 'saved' all of the articles and e-mail you have sent me so, that I can have it on hand if I need it.

-Teddie, TX

This material and information has been very helpful on a personal level and also on a professional level. Thank you for providing it...Yes, I definately recommend this information to others as being so very, very helpful.

-Julia, CA

I seek, find and share all my life — I know two people who suffer from Bi-Polar disorder and I have sent your materials to their supporters. I will continue to collect your daily thoughts and free course and keep them in the even I learn of new people struggling with the disorder.

–Patrick, UT

I love your articles. My daughter's father, I believe has bipolar disorder, but he hasn't been diagnosed by a doctor because he doesn't believe anything is wrong. Your articles have helped me realize that it's NOT me and that I'm not CRAZY. I was starting to wonder about myself. I look forward to reading your articles.

–Tiffany B.

Of course I would recommend your site to others.

–Rhonda Rommes, FL

Thanks to your information, I was able to get my boyfriend diagnosed... This is such a hard thing to figure out that any information that is sent out is helpful for many people. What your doing IS helping other people in many ways.

–Liz, USA

it helped me understand my husband better. likewise I learned what to prevent to avoid episode of the disorder... i am really grateful... as i have been benefited, [other should] just adhere to some of the advice given and try not to expect the same for every sufferer but it would be a great help.

–Maria Elena, Philippines

you are the only relevant person i hve found after endless searching. the first one to look at things from the point of view of the non bipolar person in the relationship. every site you go to, every book you read every doctor you visit - they all talk about the 'patient' while you the non patient are quietly going mad. your material gave me a tiny glimpse of sanity in my insane world. I the non bipolar person in the relationship was actually crazier than the bipolar person. 7 years visiting medics of various persuasions not one of them had helped me - you were the first. [to others:] I'd say "read this and get some of your sanity back, I did". It was such a relief to find that I was not mad but suffering from a type of bipolar disorder by proxy, which was fixable without drugs.

–Nan Simmons, South Africa

i would recomend this info i have forweded these to a girl i know who has a bipolar i also send it to my oldest daughter because she refuses to u medicine maybe this will make her understand that is if she reads them & thats iffy

–Nora, SD

Hi David,I am in the 25 per cent that is hard to treat, yet i read all your e-mails.I beleive you do help me, i never really choose to deal with my bi-polar.I have found over the years that it has been nothing but hardship trying to find any form of help...I feel like most days i am hopeless and helpless because of not being able to take most mood pills without side effects... I have finally opened a door to my bi-polar, you and your e-mails.....So yes you do help even on days i wish not to read your e-mails i do....yes i would recommend your imformation to others.If there are others out there like me, rapid cyclers this is probably one of the links we can use.I pray for help every day, yet i get little. So if this is all i can have then i read them daily...God bless you for what you do,all your work should not be fornothing.

-Vivian, NY

I feel like there is someone who understands what I am going through. It was a relief when the doctor told me I was Bipolar because at least then I knew there was some kind of help...Your newsletters are a life line for me and I would tell others about them...Thank you so much David

Jacque, NV

I am very pleased with your site on bipolar. I myself am not bipolar but my husband was diagnosed aproximately 6.5 yrs. ago when he was in a full blown manic episode. For a long time I felt like I was alone in my world of living hell. But since I found your site..I know I am not. I can relate to every experience you write about. [to others:] I totally support Dave's site on Bipolar DIorder. I highly recomend that anyone that is bipolar or is living with a person diagonosed with this disorder. It teaches people that you can have a life and it doesn't end with bipolar disorder and yes there are some humorous moments!

-Nancy, IL

If I knew of another person struggling like you did, I would definitely recommend checking out your site. People need to have others who can empathize with their cause. I appreciate your efforts

-Wendy, TX

I can't tell you how valuable I find your e-mails and your course. I also read the blogs and find the information from others to be helpful as the disorder seems to have many different symptoms and can be unique to each individual...I would recommend your information to other supporters as it keeps me focused on what I have to do and it also reminds me that the episodes have nothing to do with me. For years I believed that something I did brought on the episodes as he always seemed to blame me for causing them.

-Beverly, PA

Hi David...I have been told I am bipolar...Everything you send me is extremely helpful...I can only say THANK YOU!!!

-Patricia, FL

I find the information you have sent me really informative and i have printed off sheets and passed them on to two of my friends who are bascially in the same situ...I have recommended your info to others and they too have found it informative...

-Anna, United Kingdom