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# Riding the Edge: A Life Under the Reign of Bipolar

*Kevin Young*

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**Riding the Edge: A Life Under the Reign of Bipolar** Kevin Young

**Description**

Riding the Edge is about the author's struggles through life in dealing with his bipolar disease coupled with attention deficit disorder. There is humor and sadness to the book but it is a life truly lived on the edge.

**About the Author**

Kevin Young, born in 1963, has lived with bipolar disease all his life but was not diagnosed as such until 2009. How bipolar affected his life can be both sad and humorous. Learning to live with the disease without going over the edge is the hardest part.

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