

Each day as she lives with her Bipolar Disorder, there is amazing creativity and the things she can get done with so much energy! Then there are projects that never seem to get finished and the possibility that tomorrow might bring a deep sadness and the side effect of medications may just put a wet blanket on the day with nausea and illness. All the, while like a little dark secret in the back of your mind, you know it could happen again, if not for the medication -a Bipolar maniac episode that could take away your happiness, family and your life.



Maggie Reese, the author of the book “[Runaway Mind, My Own Race with Bipolar Disorder](#)”, wrote this book with the vision of giving hope to others living with Bipolar Disorder like herself and giving their families and friends faith that a person with this mental illness can lead a normal productive life.

The book gives a clear picture of the actual mania side of Bipolar Disorder, a must read for anyone living with or associated with someone with Bipolar Disorder. Maggie became a high school and college cross country track star on a full-ride scholarship when just like a shot at the beginning of a track meet, her own race with Bipolar Disorder began. Little did she know that the only thing her cross country running speed would help her with was to escape from a maximum security mental institution! Maggie Reese was changed forever by this mental illness from a care free talented young girl with high hopes for her life, to suddenly without warning becoming a confused, violent, angry destructive mania cyclone.

Discover how Maggie's "lows" were full of anxiety and pain followed by "highs" which seemed to be pure magic. Her loving parents, fearing for her safety, hired bodyguards to protect her from not only herself but the predators that seemed to surround her.

When she finally started back on that long road to recovery, she could rely upon, trust and have faith in her last bodyguard. True love did find Maggie and she can now say that she married her bodyguard!

There is hope! From the unique points of view of [Maggie Reese](#) and her mother, father, best friend, sister and other family, you will read how Maggie and her family and friends overcame the illness, grew together and learned to live with the disorder. You will see the many skills they would need to find the hope and inspiration that allow them to lead happy and fulfilled lives.

Runaway Mind is available today at [Amazon.com](#) and is a must read for anyone living with or associated with someone with Bipolar Disorder.

Bipolar Disorder today it is a buzz word in the news and media. Currently over 3 percent of the population suffers from this mental illness whose onset is almost always during the fragile teenage years. The only books you seem to find are dry, clinical accounts of sad, mad, lost people. -. not full of exactly encouraging words for a Mom and Dad desperately clutching at straws for their child. Today Maggie Reese holds true to her vision of changing the stigma of Bipolar Disorder and helping families understand what their child is going through and discover hope that there can be a future filled with possibilities.

Her memoirs prove that a person suffering from Bipolar Disorder can go away ... and come back to life again.

The International Bipolar Foundation nominated and approved Maggie Reese to be on their Executive Board and she is the recipient of the 2011 Young Advocate of the Year Award presented by N.A.M.I. of San Diego.

Maggie continues to plant the seeds of hope for those living with and affected by the Bipolar mental disorder through her website at <http://www.runawaymind.net>,

You can follow her journey at her blog Maggie's Runaway Mind world at chicwildmamma.blogspot.com, and post questions and follow her on Facebook at facebook.com/RunawayMind.

Maggie can be seen on her [YouTube channel](http://www.youtube.com/runawaymindbook) at <http://www.youtube.com/runawaymindbook> and heard monthly on new show [Runaway Mind on Blog Talk Radio](#) where she interviews guests in a fun and deeply honest style.

Maggie's story is told across the media and can be read in these articles.

- <http://49forum.wordpress.com/2012/02/16/is-it-time-for-canada-to-abandon-socialized-medicine/>
- <http://poway.patch.com/articles/poway-author-to-discuss-her-bipolar-disorder-at-lecture>
- <http://psychcentral.com/lib/2011/runaway-mind-my-own-race-with-bipolar-disorder/>