The Book

What Goes Up. . .

Surviving the Manic Episode of a Loved One Barricade Books,2005

The Music CD

What Goes Up. . .

songs of loving someone bipolar

- 1. The First Day
- 2. It's Sobering
- 3. A Stranger To You
- 4. Me and Jim and Lithium
 - 5. You're Soaring

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