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**New adventurous memoir provides fresh approach to
managing bipolar disorder and modern life.**

Words With My Father, a just-released narrative memoir, stands out from other great books on bipolar disorder and mental illness by promoting agency over victimhood and purpose over pity. The story, told alternatively by father and son co-authors Lowell and Lukas Klessig, shies away from didactic and overgeneralized explanation. It presents one man's experience with a disorder in truthful and revelatory prose that illustrates by example, guiding readers (even those without a diagnosis) to draw their own blueprints for an improved and more meaningful life.

This "Bipolar Journey Through Turbulent Times" contains an intriguing telling of dealing with a bipolar existence and the history, danger, dichotomy, failures and victories that accompany that life. In addition, it establishes a "beyond the grave" dialogue between a deceased father and alive son which illuminates, enhances and complicates that bipolar story and transports its relevance into our current world and lived experience.

The authors examine the father's role in the Civil Rights, Peace and Conservation movements using elements of thriller, drama, horror, humor, philosophy, history and adventure. The narrative genre-bending and dual-voice structure create tension and mystery, then relieve some of that suspense, but always leave the reader wanting to know more.

Many NAMI and DBSA chapters have already selected *WWMF* for their book clubs and recommended reads. Feedback has applauded the narrative's ability to expand perspectives.

Find the book at Amazon, Barnes & Noble, Apple Books and other retailers in hardcover, paperback and eBook formats. For more information, visit www.wordswithmyfather.com.

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Lukas Klessig co-authored and edited *Words With My Father*. He lives in central Wisconsin and southern Florida.