



What's Behind the Smile?: My Journey with Bipolar Disorder

Nancy McCurdy Montagna

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What's Behind the Smile? My Journey With Bipolar Disorder is a must read for those who have someone in their lives suffering from mental illness. Written with a burning passion to provide help to the helpless and hope to the hopeless, Nancy's inspirational journey of her own recovery from bipolar disorder is moving, encouraging and enlightening. Mental Illness is not a death sentence. It is not a curse, and can become a blessing to help others with similar issues. Nancy's story of recovery as she facilitates educational peer support groups and makes inspirational speeches has helped hundreds of people with a diagnosis of mental illness live the best life they possibly can with the symptoms that they may have. Nancy offers hope to family members and provides insight to clinicians and mental health professionals, helping them to see the person beyond the illness. This is Nancy's story.

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