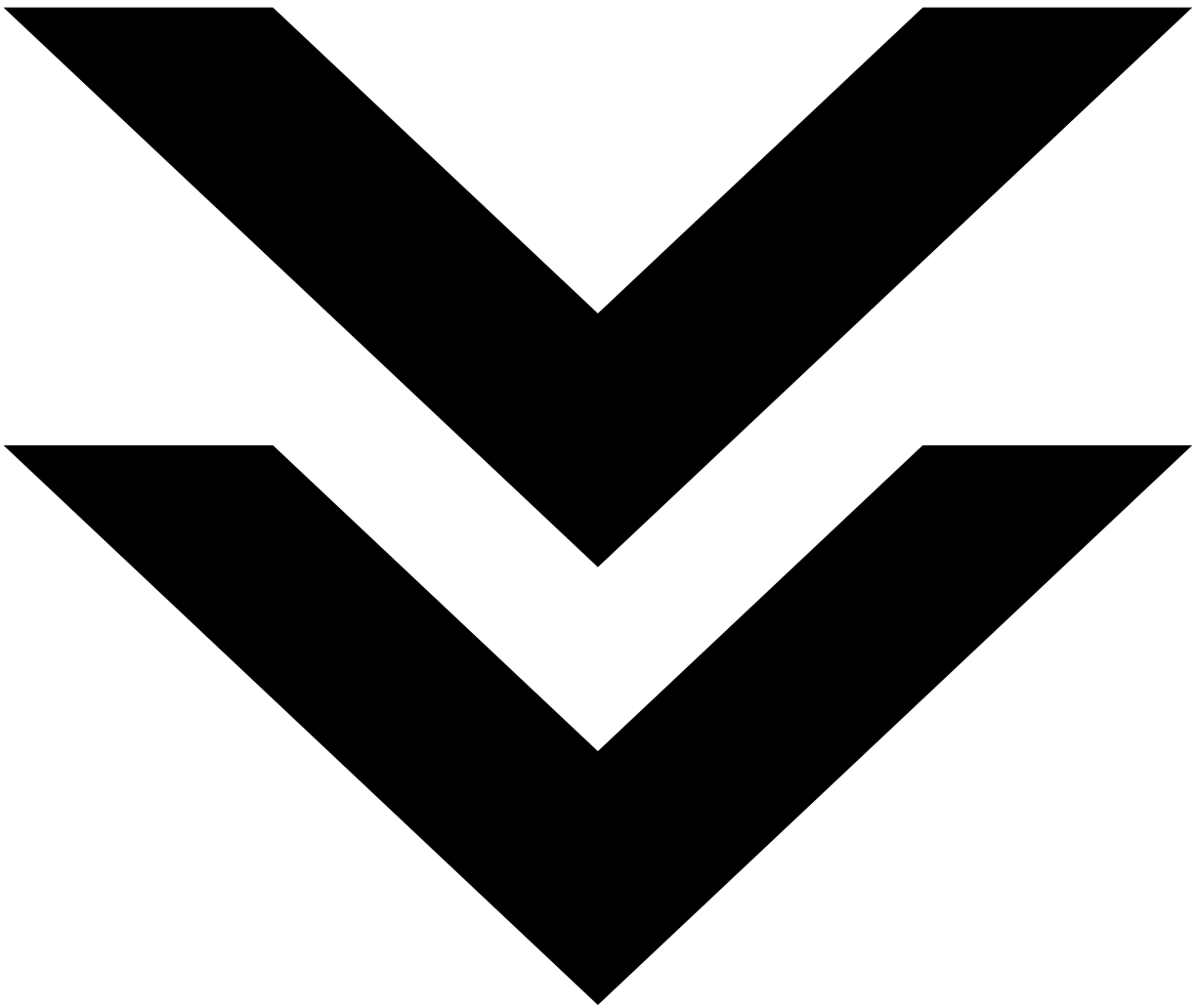


Love Well Bipolar (LWB)

Do you want to learn how to best support the person you love that lives with bipolar?

In 5 months, learn how to understand bipolar and how to best support yourself and your loved one... *without feeling consumed by overwhelm and stress...*

LEARN MORE





Discover how to show up for both of you in a way that fosters understanding, balance and long-term well-being.



Imagine if you didn't have to rely on Google, stacks of books or podcast after podcast to know how to support the one you love?



Imagine if you had practical strategies you could put in place right away to fully support your own mental health first?



Imagine if you had tools to navigate bipolar with clarity and ease, creating a life where you feel balanced, supported and empowered to thrive alongside your loved one?

I know this resonates... read on.

But first,

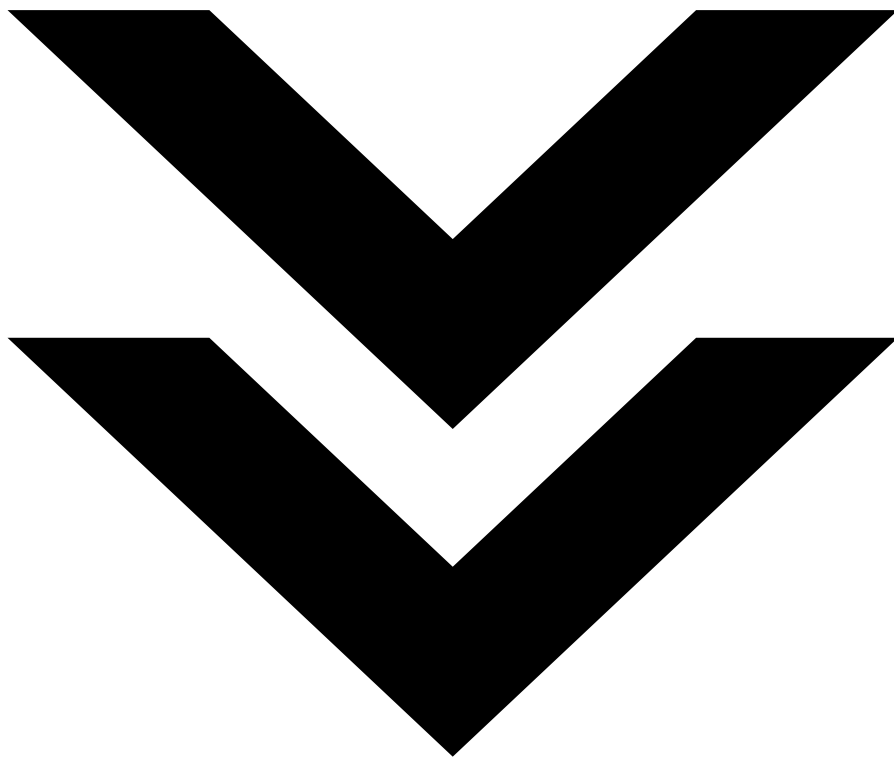
Tell me if this sounds like you:

- **You want to support the person you love living with bipolar but feel you've tried everything with nothing making a difference.**
- **Tackling this on your own feels so daunting and the frustration is starting to eat away at your relationship.**
- **There are moments you feel you have it all figured out then issues start to reemerge and you just feel hopeless.**
- **Bipolar feels like a mystery you will never be able to fully understand no matter how many books or podcasts you consume.**
- **You are done seeking temporary solutions and want to move forward with something that actually makes a real difference.**

Feeling burnt out and resentful sucks.

**Knowing that you can do so much
good, yet starving for momentum &
ease can be
soul-crushing....**

But it DOES NOT have to be this way!



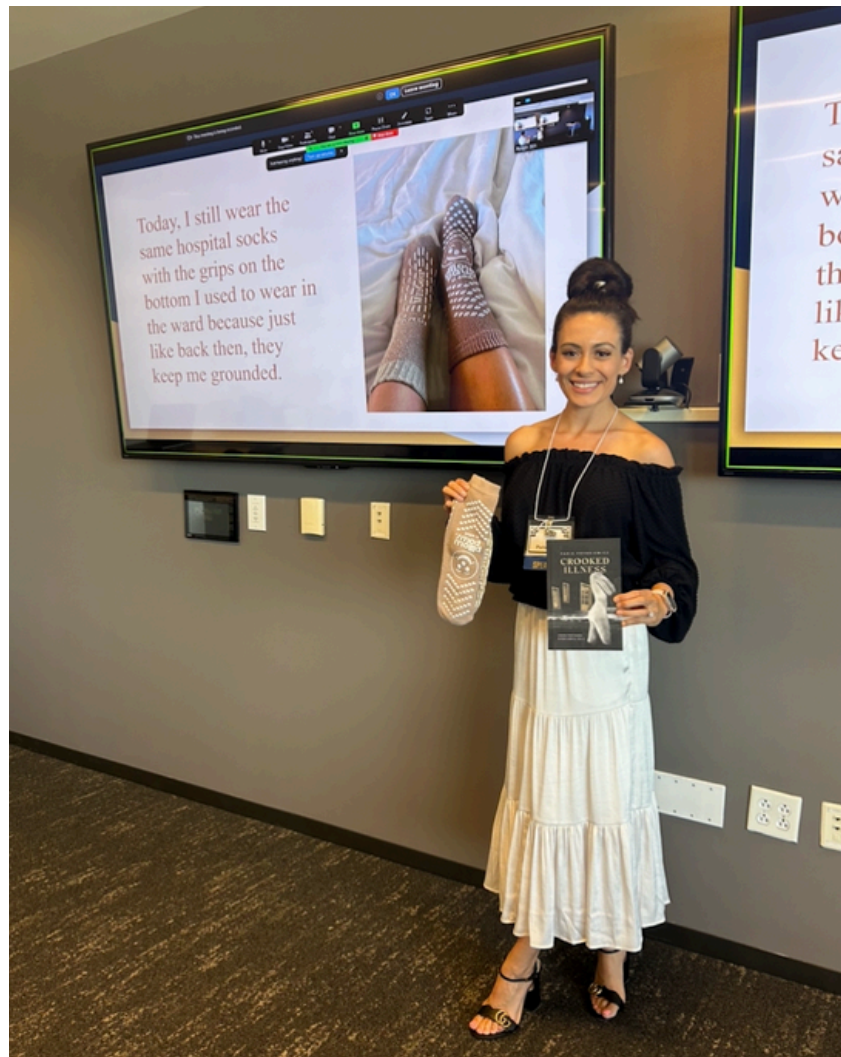
Hi, I'm Paris!

10 years ago, I found myself struggling from inside the walls of a psychiatric hospital. I left with a SMI (serious mental illness) diagnosis of bipolar 1 disorder.

A few years after my hospitalization, I returned to work at the same facility as a provider.

But what changed my life most was not being a patient or a provider at the same hospital... it's been working with people just like you.

I launched the Live Well Bipolar podcast in 2020 to change the often misunderstood narrative surrounding bipolar. The podcast reached listeners in over 130 countries over the last 5 years. I've interviewed over 200 experts and individuals with lived experience and learned many lessons from each one of them. I am taking everything I've learned and condensing the most powerful takeaways into this course.



Who I Work With



You love someone who lives with bipolar



You are tired of feeling scared, lost and overwhelmed



You care deeply about the person you love and want to understand how to support them while also supporting yourself

**As someone who loves someone
living with bipolar....**

**The fastest way to learn how to
successfully support them and
yourself is to have **tools +
implementation.****

Enter

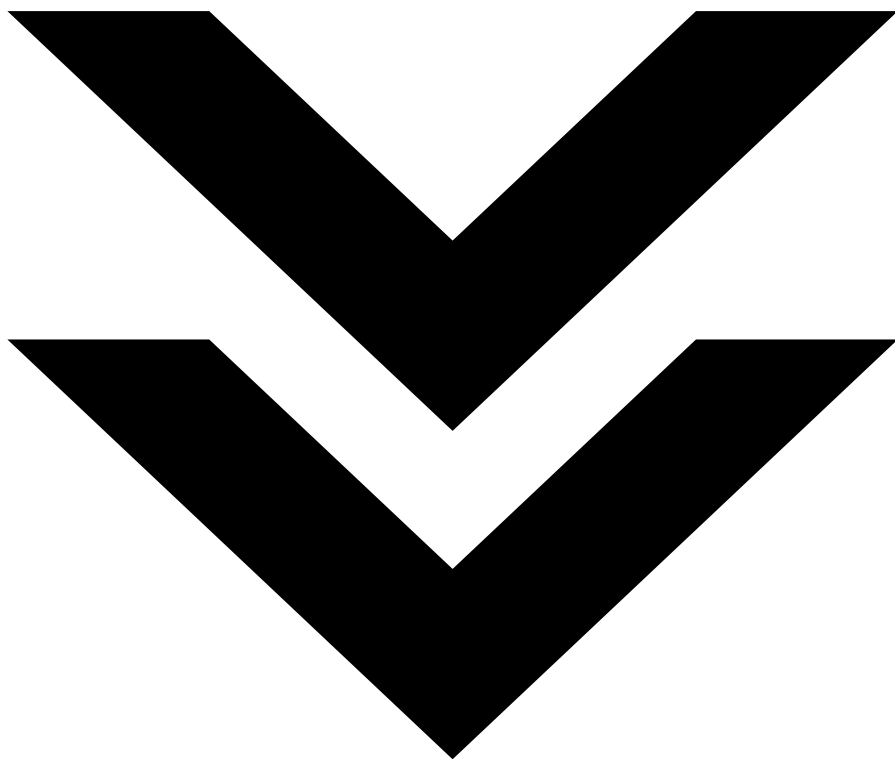


Love Well Bipolar

**A step-by-step course that will take
you from overwhelmed to...
FULLY SUPPORTED**

This is because....

**We do things *efficiently*
around here.**



Love Well Bipolar focuses on 5 areas:

- 1. Understanding Bipolar**
- 2. Navigating Challenges**
- 3. Effective Communication**
- 4. Sustainable Self-Care**
- 5. Love Well Blueprint**

I created this course for you
because I was frustrated with the
lack of actionable tools I was seeing
and experiencing myself...

Here's How It Works

Click **REGISTER NOW** to
get enrolled into the
course

Once you register, you will
receive lifetime access to
the course

Let's Talk Results

“Paris is the only one who taught me how to ACTUALLY understand my son Aidan. He was diagnosed with bipolar two years ago and we have been running into a lot of challenges. I spent years trying to teach myself about bipolar but always ended up feeling so stuck. Love Well Bipolar (LWB) helped me finally master effective communication and solid supports for myself and my son.”
— Aileen, Son living with Bipolar, LWB Student

“My best friend Theresa has struggled with bipolar for over 25 years. Paris helped me learn ways I can support her that actually make a difference. Before Love Well Bipolar, I felt so lost when it came to knowing how to support T. LWB gave me the tools to get away from constantly feeling burnt out. I no longer operate out of frustration because of what LWB taught me.”
— Todd, Best friend living with Bipolar, LWB Student

Let's Talk Results



Absolutely. My teenage daughter was diagnosed with Bipolar II, and I have gained so much insight and understanding from your platform. Can't wait for the film to be released! Thanks so much!

Also I wanted to tell you my best friend went to a psychiatrist today and was diagnosed as manic. She wouldn't have thought to ask but I told her to because of your book! So thanks to, you she's getting the help she needs :) so impactful

She'll be here this week. She's visiting Monday and Tuesday

Hello Paris! I sat down this evening to read through the self-care guide and I have to say I genuinely appreciate how you make it so simple. You break it down and you give examples of how to fill the space on the pages. I find that I struggle with knowing what self-care looks like and without truly defining it for myself, I don't know how to put it down on paper. This tool is really going to be instrumental in me developing a solid routine of self-care. Thank you for sharing this guide with the world. Is it OK if I share the link that you sent to me with others? 🙏

Love Well Bipolar

The LAST GUIDE you'll ever need to move from burnout to balance where loving + managing bipolar is concerned.

WHAT'S INSIDE?

Love Well Bipolar is a 5-month long course that allows you to apply everything I teach you inside... to your own life ASAP!

You will receive:



- 5 course modules

1. Understanding Bipolar

- a. Bipolar Uncovered - What It Is & What It Isn't
- b. The Bipolar Spectrum - Types & Common Symptoms
- c. How Bipolar Affects Daily Life

2. Navigating Challenges

- a. Understanding & Managing Triggers
- b. Medication & Other Supports
- c. Dealing with Stigma & Misconceptions

3. Effective Communication

- a. Improving Communication with Your Loved One
- b. Setting Boundaries
- c. Seeking Professional Help

4. Sustainable Self-Care

- a. Defining Priorities to Practice Self-Care
- b. Avoiding & Managing Burnout
- c. Build Your Support System

5. Love Well Blueprint

- a. Creating Your Action Plan
- b. Implementing Strategies for Long-Term Support
- c. Celebrating Progress and Reflecting on Personal Growth

- 3 lessons in each module with 1 released every week
- FREE copy of my book *Crooked Illness: Lessons From Inside & Outside Hospital Walls*
- FREE copy of ALL journal prompts from *Crooked Illness* for deeper self-reflection

READY TO GO?

**Get instant
access to the
course by ...
clicking here**