



TERESA BRUNSTING

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Meet the Author

With over 40 years of personal experience living with bipolar disorder, Teresa inspires others through her writing in her new book, *Finding Normal in Bipolar*. She also writes in magazines and the Warrior Writer Anthologies.

In addition to sharing about overcoming bipolar, author, life coach, and speaker Teresa Brunsting shares hopeful messages about international adoption, restoring marriage after infidelity, and more. Teresa, who loves a good game of golf or bunco, is enjoying empty-nester life with her husband, Doug, and their dog, Gracie, in Orange City, Iowa.

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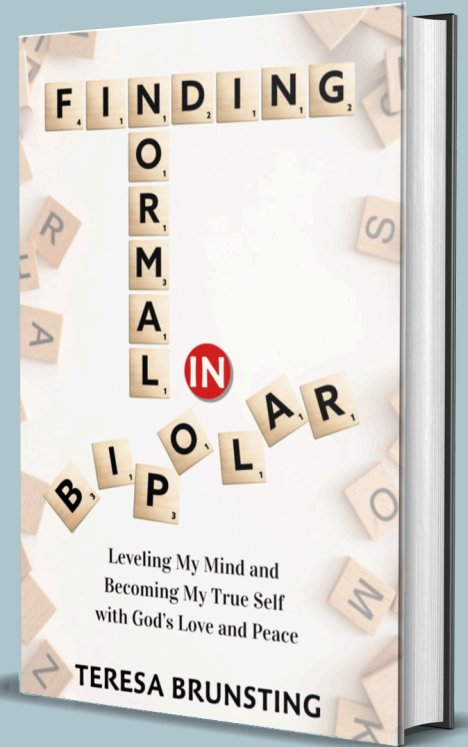
Finding Normal in Bipolar

An unforgettable true story of a life-altering incident and the ensuing emotional cycles colliding with Peacegiver, who unveils acceptance, balance, and love—piece by piece.

Just shy of twenty-five, Teresa Brunsting had a great job, good friends, and a boyfriend. She hoped to have a “normal” life with a marriage and a family in the near future. Beneath the surface, however, was unpredictable anger, shame, and sadness that had bubbled up at times, sending her on harmful detours. When her emotions finally overwhelmed her, her life was never the same.

A bipolar diagnosis and therapy offered a few helpful strategies and understanding but also augmented her difficulty with a new choice: Would she disclose her illness and risk alienation, or would she have to walk away from any stressful situation that triggered the clamoring voices in her head to survive?

God didn’t help her find an easy answer or a way out of the illness. Instead, He helped her see pieces of the coping puzzle that empowered her to level her mind and become her true self. As she persisted on her 40-year journey, Teresa relied more and more on the love and peace of Jesus—the One her influential grandmother’s life exuded. He not only



transformed Teresa’s life, but He also powerfully intervened in her family’s story as well.

Not only is *Finding Normal in Bipolar* a page-turner, but it is also a useful resource to help you or anyone struggling with mental illness and unmanaged emotions. In its pages, you will find helpful pieces that you can adopt from Teresa’s journey to level your own mind.

Her hope is that what took her a lifetime to discover will help readers not only find normal much more quickly but that her story will also empower them to move beyond balanced to surrendered significance—just as she has.