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E.B. Howell's Captivating Storytelling Sheds Light on Bipolar Disorder

Her bipolar secret is under wraps—until her brain jumps the track. Her life turns into a technicolor dream, and suddenly she's manic. As seen through the eyes of Liddy Baker, author [E.B. Howell](#) describes bipolar disorder with a detailed account of Liddy's real and make-believe adventures. Ms. Howell writes openly about struggles to be seen and heard by family members and medical professionals. Most importantly, she recounts Liddy's manic episodes in searing detail, because they're her own.

"Liddy walks and sometimes runs through the complicated emotions of bipolar disorder over three episodes in three decades," says Howell. "Unfortunately, there's an isolating stigma surrounding bipolar disorder that can lead to harmful behavior and even suicide. People who have it often feel bipolar is something better kept as a secret as it's generally misunderstood and buried by family members," according to Howell.

Media launch is planned for May ([Mental Health Month](#)). It affects approximately 5.7 million adult Americans every year. "With the correct diagnosis, care, and treatment, bipolars lead productive, meaningful lives, and you never hear about that," said Howell.

As Much as I Care to Remember is also a practical guide for family members who care for bipolars. Howell recommends: 1) Watch for warning signs (decreased need for sleep, euphoria, irritable or temperamental, paranoid behavior); 2) Listen to the person living and experiencing bipolar; 3) Seek the support of medical professionals together; and 4) Don't lose hope—run the race marked before you with informed medical care and perseverance.

"This is a captivating book with many rich, artistic details. I wish there were more books like this so that we could understand each other through honest accounts, rather rely on stereotypes and misconceptions," said Yvonne Slingluff, avid reader and mother.

To purchase ***As Much as I Care to Remember***, please visit Howell's [bookstore](#) or [Amazon](#).

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FAQ's

What's Bipolar Disorder?

According to the **Mayo Clinic**, "Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, bipolar disorder is treated with medications and psychological counseling (psychotherapy)." (mayoclinic.org)

Why should we care?

- A person with bipolar disorder is more likely to harm or kill themselves. (nami.org)Bipolar disorder
- Affects approximately 5.7 million adult Americans, or about 2.6% of the U.S. population age 18 and older every year. (nami.org)
- Bipolar Disorder can be a contributing factor in job loss, divorce, substance abuse, and worst of all suicide. (nami.org)

What are the signs of bipolar disorder? (mayoclinic.org)

- Acting with a sense of euphoria
- Decreased need for sleep
- Unusual talkativeness & racing thoughts



About E.B. Howell

Emily Howell was raised in Winston-Salem, North Carolina, graduated from Furman University in Greenville, South Carolina and obtained her Masters in Journalism and Public Policy at American University in Washington, DC. She moved to New York City where she used her communications expertise to assist health organizations with patient advocacy through the written word and video communications. She served as the **Scientific Communications Director** of the **National Kidney Foundation** in New York City from 2006 – 2014; and as a **Communication Specialist** at the **Juvenile Diabetes Research Fund**. The unifying thread to Howell's career in patient advocacy is her experience generating awareness for public health issues by developing and disseminating health messaging locally and globally. Emily currently works in healthcare and lives in Beaufort, SC, with her husband.

Emily is available for interviews via phone, facetime and other virtual streaming platforms, as well as podcast, radio and television interviews.