



EPISODE 36: HOW TO TELL YOUR STORY

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program.
- Speaker 1: [00:35](#) You're listening to the bipolar now podcast, episode 36 bipolar now, the weekly podcast for doing life on your terms, not the illness. Here's the host of your show, Mike Lardi. Welcome back. I'm glad to be with you. Oh my gosh. The weather sure is turning. So I live in Southern California, but there are mountains here and that's where I'm placed. And as I look out my window, I'm seeing traces of snowfall after a pretty decent snow fall today. Had to go out and drive around. I didn't go to a dentist appointment. And, uh, yeah, it's always just makes for an interesting ride when you don't even know if you're going to get to where you want to be because people are all over the road. It's the first snow storm of the year and nobody remembers from last year that you're supposed to slow down on these sketchy mountain roads.
- Speaker 1: [01:33](#) So I was, uh, I was driving to the dentist and a Jeep had went straight and just plowed like straight off the road and into a power line. And so that was just a mess of people trying to get that taken care of. And so, yeah, welcome to winter. I'm looking forward to it. Surprisingly enough, I'm looking forward to more weather and um, you know, to today, uh, is a special episode of this podcast. You know, in the past I've done several mini trainings. I've done trainings around sleep and morning routine and things like that and I haven't done any new awhile and I thought it'd be good to kind of get back into that and give you a little bit of a, you know, how to like more practical stuff like step-by-step stuff. So that's what we're going to get into today. We're going to talk about how to tell your story, how to tell it, uh, in the open and how to tell it without fear and without secrecy.
- Speaker 1: [02:27](#) And so that's what we're going to get into today. Uh, I also wanted to mention before we get rolling here that I love, I really do love your iTunes reviews that are coming in on the show. I read these, I screen capture them when I'm having a bit of a hard moment in my day. I whip those out and it's just amazing. Like I, I know who I'm doing this for because you guys are speaking up, you're talking about how this show impacts you, the various takeaways that you feel like you're getting clear and

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clear on how to assemble an extraordinary life while having a bipolar. So, you know, I don't go in there to drink my own Koolaid. Like I don't look at the iTunes reviews and say, look how awesome I am. I really do go in there to remind myself that, Hey, like this show is having a far reach.

Speaker 1: [03:13](#) And I think that's incredibly cool. I think it's amazing that I have this privilege to get behind the microphone and to share and to bring on guests. And so thank you for allowing me the space in your life to speak into your life and I want to continue to just get better and better at how I do that. And so I want to keep showing up for you. So thank you for being here and thank you for the reviews. And if you haven't left a review yet, I would highly encourage you to go in there and do that. I do read every single one of them. So that being said, with the weather comes a bit of a challenge every winter and I'm no stranger to this, but the just, the reality is it's dark and cold and there's weather and it's like the perfect recipe, especially where I live, it's like the perfect recipe for oversleeping.

Speaker 1: [04:05](#) And yeah, this doesn't like only happened in the winter. I mean, I'll tell you what, when I'm like highly anxious and there's something in my day that I can't avoid and I'm like, I'm dreading thinking about how I'm going to do that. Like that's, that's like another recipe for oversleeping for me. It's like, and I'm not really sleeping, I'm just kind of like tossing and turning in my bed, like resisting the fact that I do have to get up and I do have to take care of business. However, in the winter I am legitimately tired and I'll tell you what, every time I do that, every time I sleep in, every time I, you know, here's my alarm goes off and now hours have gone by and I'm still in bed. Like I don't have an early morning job anymore. That forces me out the door at 7:00 AM so now that I have to take care of my own timing, I sometimes oversleep.

Speaker 1: [04:53](#) I'll tell you what, every time I pay the price, I really do. I pay the price in terms of sluggishness, you know, I just feel like my brain is oatmeal and I just can't even get myself thinking properly. I can't move at the proper speed. Uh, I get a foggy brain and this is familiar to those of you who maybe have to take medications for your bipolar disorder if you're choosing to do that. Like medications are, are very similar in, in oversleeping as they cause a foggy brain. And for me it really does feel like, uh, I have sinus issues seasonally but this like it's tied directly to my oversleeping. It's a sensation in my head. It's a foggy brain. It feels a lot like sinus pressure. Like I can feel it now. I overslept today, hate it when I do that. But I overslept today.

Speaker 1: [05:42](#) I feel like I have sinus pressure. And here's the other thing, I feel like I feel like the onset of depression is coming and in bipolar

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disorder. So one of those things that I have joked about before, but it's like sharks have to keep moving to stay alive. And if you have a bipolar disorder, it is pretty good advice to keep yourself in motion during the waking hours to get up on time, to have worthwhile things to do, to push through the resistance. Because that depression is always at your doorstep, at least for me. And so today I am forcing myself to get things done, but I can feel it like that, that strange sensation in my head. There's like a weird, it's not a ringing, but it's like a a, there's a pressure in my ears and in my sort of sinus regions, like I can feel it.

Speaker 1: [06:35](#) I physical, I have a physical sensation. It's not just a mental sensation. It's a mental and spiritual and a physical sensation of depression. And that's just what I have to go into winter time knowing that I'm going to battle. So no matter what we have, we have to like recognize that we have a choice. We're heading to this time of year, there's no stopping it. And now we have to remember that there are consequences to choices, choices like oversleeping for me, it's, it doesn't matter whether you're sick or you're saying choices have consequences. And that's what's terrible about this disorder is we make choices when we're sick and they still have consequences. And a lot of those times, those consequences keep us stuck in the loop. And the cycle and we get pulled back in over and over and over again. It's like we're just being taken to the wash, but our choices have horsepower.

Speaker 1: [07:35](#) So what I'm saying is set yourself up for a new streak, like every day declare that you're going to have a winning streak. So I overslept today but I still popped out of bed and I still did all the things on my list. I'm looking at him right now. There's only a handful of things that haven't been checked off. I'm looking at my list. I still got down the list, you know, I still took care of my dentist appointment. I still maintain my responsibility. I still followed up on some clients. I'm wanting to keep the streak as winning as possible because the farther I get into the losing streak, all of those choices in the micro moments of my day, like all of those micro decisions. If my streak is a losing streak, then I'm heading for a cliff and I, and I don't want us to pretend that we can just go through our day however we feel.

Speaker 1: [08:27](#) And it doesn't matter cause it really does. Our choices have consequences. You know, this show is all about showing and highlighting the innumerable choices we have. We don't have to make them all, we don't have to make them every day, but we have to be aware that we have these choices because in this show, you know, on, on, on this podcast, I'm, I'm coming at you. Like I'm convinced that bipolar is more than finding your pills. I'm convinced that doing life with bipolar and doing it well, it's more than pills. It's more than yoga. It's more than getting a

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therapy animal. You know, my pet Guana like it's getting bipolar handled on a daily basis and putting the joy back into your life. I think it's more than these things and these are big things, but I think it's a lot more than, than there's also mindset.

Speaker 1: [09:24](#) There's also how you do maintenance. Like I talked about those micro moments of the day. That's your maintenance. There's, there's also make or break habits make or break principles. These are, I mean these are mega things. Some of these habits have mega impact in our lives. And I want to highlight those on this show. There's principles that are like mega principles that will make or break the way we experience our day. And so I just want us to be aware of these things that it's, it's more than just dialing in your medications and it's, it's like a, it's like a common myth within the community that the pills will just take care of you. Oh, sucks for you. You don't have the right pills yet, you know, or Oh, sucks for you. You're not doing this or you're not doing that or you don't have a dog.

Speaker 1: [10:09](#) Like it's, I think it's a lot more than these things. And so I just take this show and I take my time with you and I want you to know that you are, you are more than the effects of this illness, but you have to pay attention to the choices inside of it. So today, today, I'm looking forward to this. Today I'm going to be talking about how one of those choices is to tell your story. Now when I say tell your story, I'm talking about telling that part of your life that you wish never existed and that is whatever havoc bipolar has wrecked in your life, maybe brought you to your knees, maybe booted you out of a good thing, a good job, or a good marriage, whatever it's done, it's part of your story. And so today I want to just share three very effective ways of very powerful ways and very safe ways, honestly, like I'm not interested in you risking your sense of, you know, your sense of pride and individualism and ability to change your situation.

Speaker 1: [11:30](#) Like I want to take away the fear that you know, somehow somewhere, some way you failed. And that's your story. Cause it's not, there's a choice to make. And the choices I want to share today is to tell your story, but to tell it from a better place. So this actually came up in my face and I like it. I like it when questions come up in my face because this wasn't even on my radar. But this is something that I teach is how to tell your story. And it came up during the webinars for the peace plan and somebody kept asking, well, how? How am I supposed to tell my story? Like it's just so hard. I don't even, I don't even know how I would do that without incurring so much like shame and guilt and regret. And so I said, you know what?

Speaker 1: [12:20](#) That's a perfect topic for a good episode of the podcast. And so here I am today, I'm going to do my best to share the three

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things that I do that take away the sting from your story. So it all starts with fear, right? We're afraid. We're afraid that the failure or perceived failure is what I really want to get at. There is a perceived failure that because bipolar is in the picture, we've failed and that somehow there's just no way of fully recovering from that. And I want to say it's a myth, it's a total lie. The reality of bipolar disorder and your story is that you have a medically recognized condition.

Speaker 1: [13:18](#) Okay. It's, it's nothing personal. It feels personal, but it's not. It's an highly impersonal illness. It ruins the life of anyone who has it. Like there's nobody in the history of the world who's been able to say, I have bipolar disorder, manic depression, whatever they used to call it a long time ago. I've, I've, I've seen that there's been been a progression in the medical science and terminology for this particular illness. And so we currently call it bipolar disorder, but it's been known as numerous things and people couldn't put their finger on it. But the reality is that every single person who's been effected by this, who's, who's had this transmitted to them, like they've all behaved in the exact same ways. It's completely impersonal. It's, it's totally impersonal. But it feels like the, the myth is that I have to cover up my failure with this secrecy.

Speaker 1: [14:11](#) Like I have to keep this from getting out in the open. I have to come up with a counter story to explain how it is that I got here and I have to somehow cover up the failure. It feels so personal. Our ego is attached to the things that we've done and that's where the burden and the guilt and the shame, that's where all those things come from. We make it personal. But here's the first corner that you got to turn is you gotta just look at it in terms of reality. Bipolar disorder is a clinically recognized mental illness. It's not doing this to you because you have some weakness or personality flaw or is exploiting you in some way. It's just, it's something that onsets at a particular time in somebody's life causes them to feel and think and act in certain ways. It's completely impersonal.

Speaker 1: [15:08](#) You know, here I am, I'm uh, I'm spending my snow day with you drinking my peppermint tea and I'm just looking at my tea like, and how much it just like soothes me and relaxes me. I was just thinking just now it's like that's how I feel about my story. At first it felt so personal that I have a mental illness and I don't know what I'm going to do about it, but here I am, I'm completely relaxed about the fact that I have a potentially life threatening condition. If I let it get there, like I want to say to you, you can relax here, hear it in my voice, just relax about your story. Here's why. If you're trying to cover up failure with secrecy, here's what secrecy does and here's why. You just can't. You absolutely can't tolerate secrecy. Secrecy equals shame. Can you feel that

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connection? Now, how about this? Shame is a trigger. Are you familiar with how triggers work in this illness? Like if a certain condition happens, if a certain environment happens, if a certain whatever, it's a trigger, it will open the door for your illness. To get active. It'll deepen your depression, it'll worsen your mania, or it'll jumpstart these things. If you've been well for awhile, triggers open the door and shame is a trigger. Carrying around chain is a constant trigger and a constant trigger. Guess what? That equals equals misery.

Speaker 1: [16:58](#) So we gotta work our way back up stream. So misery to trigger to Shane to secrecy. Secrecy is where it starts. Secrecy is our choice. Secrecy has consequences. I think. I don't really have to labor this too hard, right? Like secrecy has consequences. So deal with the secrecy. And here's how I do it. I release secrecy. I release fear. This is so effective. I release all of these things, all of these worries about my story, and I just look at them with sensibility. I think to myself, what's the reality here? If I share my story and get rid of this secrecy, I'm not talking like he should with everybody. Here's the thing, you got to find out about people and you gotta be smart about this, but I know you're smart. I know you can figure people out even when you're sick and people ask what's wrong.

Speaker 1: [17:59](#) I know you can figure them out. So there are numerous types of people who drive the fear factor when it comes to your story getting out. So first of all, there's the ignorant people. They're ignorant about mental illness. They understand how it works. They don't care how it works, they're just in their own little world. Ignorant. And I put the doubters in this category as well because I bump into people and I've shared my story. You know, when people ask different things about what I'm doing or how I'm doing, there's the doubters and mean I put, I lump them in with the ignorant because the doubters are ignorant. Like they doubt that bipolar disorder is a real thing. It's just all in your head, Mike. All this stuff, all sickness is just in your head like not even kidding you. People believe this. So the sensible thing is to know that those people are out there.

Speaker 1: [18:57](#) Right? Okay. So release that worry. When people prove to you that they're ignorant and doubters, you don't need to tell him your story. You'll need to tell him about your mental illness. Here's other like just sensible, a sensible expectation for how you're going to be received. There's people out there who are victims and I've shared with the victims before and the victims all have this in common. They all believe that they have it worse and that gives them a right to tell you to stop worrying about it. Victim always has it worse. I'm worse off. I've suffered more. I don't want to hear it. Those are not the people you want to share your story with. You already know who these people are

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in your family. You already know who the victims are. You're in who the ignorant are. Do you know who the disinterested are?

Speaker 1: [19:54](#) These are the people that if you go to share, they just don't really care, so why bother? We've got to release this fear by having a sensible understanding of the types of people that are out there. How about this? The family member or someone who has a family member or somebody who knows somebody or has an experience with somebody with a bipolar disorder. So you're thinking about sharing with this person. If you share with this person, you have to understand that they're going to compare you. They're going to say, Oh yeah, my mom, I had a terrible childhood. We never knew what we were going to come home to. Like if you don't want to hear that, then don't share. But you have to be aware of the people and have a sensible expectation that just throughout life there's going to be ignorant, doubting victims, disinterested people, and those who've had an experience with bipolar disorder, that's, I mean that's a ton of people right there. So what I do is if I sense that somebody is not in these categories, then I'm open to tell my story. And so how I release fear in that sense is I look at like I look at the context for my story.

Speaker 1: [21:22](#) So if people are curious about me, where I've been, what I've been through, and I sense that they are interested in me. You just, you get that sense as a human being, I'm being interested in right now. I can release my fear with this person. Here's what you gotta do. You gotta give them a contextual story. You have to give them, like give them reason to believe that bipolar symptoms, they don't replace your personal characteristics. Bipolar never replaces your personal characteristics. You will always have these things. Now they get masked when we're sick, but you will always select if you, if you know that you're a hardworking person, but you've had to take some mental health days or quit a job, that does not negate the fact that you are still a hardworking person. So your story is, I am a hardworking person. I'm getting so crazy about this because it hits home, right?

Speaker 1: [22:20](#) We make it personal. I'm, as much as I've shared my story, I have to detach the personal feeling that bipolar is my failure because it's not. It's a medical condition. And so I know that I'm still hardworking. Your symptoms don't replace your personal characteristics. You will always be hardworking unless you let it beat the hardworking out of you. But I know you. If you're on this show, I know you're different. I know that that is not going to become the reason that you give up. You are always going to be a hardworking person. Here's what else I know about you. You're always going to be intelligent. I speak to some phenomenal, intelligent people every single week, every single

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time I have to talk about bipolar disorder. Every single time I jumped into the group on Facebook, like every time I get in there, I am dealing with highly intelligent people.

Speaker 1: [23:17](#) The illness doesn't strip you of that. You're always going to have that. Those of you who are artists, musicians, writers, creatives, like if that's your thing, you're always going to be talented. Bipolar symptoms do not replace, displace, or otherwise negate your talent. That's so that's your story. Okay? Your story is, I'm an intelligent person with a common illness. I'm an intelligent person. Your story is, I'm a creative person. I'm a hardworking person. I'm a talented person. Here's another thing. You're still good looking, right? Okay? Don't ever forget that bipolar cannot take away your good looks. They just can't. So when you look in the mirror, hold your head high, your story is that this illness can't destroy my good looks. And of course you just, you, you have to laugh because I mean there's, there's just that, that sense of like, okay, this person in the mirror has an extraordinarily difficult condition that they now have to live with for life. You might as well like the person you're looking at. Okay. When I look in that mirror, when I look in my eyes, I look at my face. I need to like this person. I need to remind myself that this person's story is powerful.

Speaker 1: [24:53](#) You need, you need to have a story that's powerful. A story that's powerful is a story that sets you free. So let me just examine this real quick, because in your first year of diagnosis, I think there's nothing more important that you can do then to tell your story and to find through practice a sense of freedom in telling who you are, what you've lived through, and now you're making it a priority. Especially if you're listening to this show. If you listen to my voice at all, you are with me. You are making it your priority to tell a better story. That's where the freedom sets in. If you can do that within a year of your diagnosis, you will be so far ahead. You will spend so much less time in the inevitable, just drag on knockout, fight with depression that happens in your first year.

Speaker 1: [25:55](#) For me, it lasted two years and I honestly can say I didn't really fully pull out of my sense of woundedness and hurt and embarrassment for four years, but definitely for the first year that was the task tell my story until it turns into a freedom story and so I spent all this time gaging the right people to tell it to and creating a context for that story. Saying that, yeah, I'm not working right now, but I'm a hard worker when I figure this thing out, I know I'm going to get a decent job. That's my story. Like the context of me not working, is that still a hard worker? It doesn't mean that because I had to tap out and quit my job or that I've done that 10 times before. It doesn't mean that I'm not a hard worker. It means that I'm figuring something out.

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- Speaker 1: [26:55](#) This is a very difficult condition to have to figure out and like there's very few people out there telling me how to do it, so it's up to me. So that's the story you're telling. You're like, I'm figuring it out. That's a great, great, great thing to latch onto and you also release the fear. This is the third way I do it. So first way was seven having sensibility. The second way was context. The third way is commitment to tell, prioritizing the ability to tell a better story, and you will when you just say, you know what? I'm going to figure things out. You know what? I'm going to get to the bottom of this. You know what? This is not impossible. I know for a fact that there are people out there living a version of their life that they're satisfied with and that they still have to contend with a serious mental disorder.
- Speaker 1: [27:54](#) I know that those people are out there. I'm going to figure them out. I'm going to study them. I'm going to take advice. I'm going to make changes. I'm going to have these mindsets of how to successfully battle my illness and keep it in its place. I'm going to, I'm going to be successful in maintaining all the micro moments of my day and I'm going to learn how to recover. If I don't, I'm going to have mega habits. I'm going to have mega principles. I'm diving into these things. It's my life. My life is on the line. My, my sense of joy is on the line. My sense of satisfaction is on the line, but I know there's people out there who are living well in spite of it and so I'm determined to be like them. That's why I do this show. I highlight all the things that people who successfully manage and mitigate this illness. The people who figure it out are the people who started out saying in their first year, second year, wherever you're at right now, I don't know how long it's been since you've been diagnosed, but as of right now, you literally say out loud, I am going to figure things out.
- Speaker 1: [29:08](#) And here's another cool thing is you don't do it alone. You know, I haven't been on this trip for a several episodes now. I'm just in the business of life. I've, I've kind of let this go by the wayside. But here's the thing, through my huge launch of the business, going through that giant roller coaster of activities and emotions and challenges, like I kept my lifers in the loop. And if you listen to earlier episodes of this show, you know, I talked about my lifers a lot. So lifers are family members who are, they just want you to see, they want to see you win, but they're going to support you even if it takes you struggling for 10 years to figure out how to win. These are your lifers. Not everybody has family members that are lifers. So what I've done, I do have family members who are lifers, but what I've done is I've like added new people into the mix.
- Speaker 1: [29:59](#) And so I've extended the lifer role to several key friends that I have personally cultivated a very strong bond with. And it all

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started with what I just told you. I made it my priority to tell a better story. So when I check in with these people, when we meet up, when I go spend the night, when we go hang out places, like when we're doing things together, when I'm updating every single week on a Monday morning, I'm updating my life verse these three guys. I'm updating them on what I'm going through, the state of my mental health challenges that I'm perceiving coming up this week. Like I'm giving them the whole like playbook of what I'm going to do and that teaches them about my mental illness that teaches them about the seriousness that I have to approach it with. But that also commits me to telling a better story when I check in.

Speaker 1: [30:48](#)

And so far, even with the hardest things that I've gone through specially in this last year has been the hardest year yet. And yet I handled it like a champ because I have a freedom story. I'm not keeping it a secret. I'm not living in failure when I have a failure, when I'm like staring at the edge of the cliff, when I'm struggling, when my knees are buckling, I mean I was on an emotional roller coaster launching that membership. That was a very big deal for me. It was the first time I've ever had a business like so here I am, I'm in the mix, I'm doing something new. But I'm also continuing in that tradition of telling a better story. So now that I'm in it, what's the story I'm going to tell? Well, I tell that with my lifers and they're amazing because they listen, they get stoked, they get encouraged, and then they know their part.

Speaker 1: [31:42](#)

I actively tell people, Hey, I need a phone call on Wednesday. Well guess what happens? They call me on Wednesday. It's amazing. So I'm telling you have the ability to release your fears through the priority of telling a better story and you will find freedom. What I'm saying is if you're listening to this show and you're searching, like you're searching hard right now, you're wondering what does it take? Who do I listen to? Where do I go? What are my resources like? If this is particularly for you, if this is your first year, second year, you know you've gone through hell and now you have a diagnosis to you know, make sense of it. This is your task this year is to get really good at telling your story. So let me run through those three hyper effective actions that you can take. So be sensible is number one, be sensible.

Speaker 1: [32:43](#)

No, the potential for your story not to be accepted. Okay? Be sensible about that. It will happen. Life goes on. You'll kick yourself, but be sensible that there's just a lot of people who aren't going to accept your story. They just, they can't receive it. And O L K O L release that fear. The second fear I want you to release is feeling like you are no longer some personal characteristic that you treasure. Whatever defines you in a healthy, positive way, like whether it's like the hard work that I

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talked about or the intelligence or the talent, creativity. You know, if it's any of these things like just look, look for the fact that you can release fear by knowing that you're still these things, you are still you, so release the fear that you are somehow less you because of this illness and in the third thing of course I talked about releasing that fear.

Speaker 1: [33:49](#) Release the fear of your story through the commitment to tell another one a better one. Remember, you're going to figure things out and you're not going to do this alone. Your lifers are a great place to practice your story and to practice it ongoing. If you're going to shed the secrecy, start with someone who is fully behind you. You know what those people are looking for. They're looking for the real thing. You're lifers. People who are going to support you, people who are going to listen, people who are going to receive your story. They are doing that because they're looking for the real thing they want to see you overcome. They want to see you turn this mental illness that nearly took your life and squeezed all the good stuff out of you until there was nothing left but just a wreckage. They want to see you turn this tragedy into a triumph.

Speaker 1: [34:56](#) They want you to go from being an outcast to someone who's overseeing things like, this happened to me at church. Like people know that I went from being an outcast, someone who had a very public failure. This is me like this is me visibly acting out in mental illness at church. Like I went from being the person who was scary and unpredictable to now being one of the overseers of a different church. And you know what? Now I keep my diagnosis private unless there's context. So I S I actually do use this stuff. I, every time I have context from a mental illness, I share it. Otherwise I keep it private. But I literally went from being an outcast to being an overseer. Like my lifers have seen me go from being a tragedy to a triumph, and here's what it turns into. It really does turn into a major source of respect and you're going to want this because now that you have to do life with an active mental disorder, you automatically have to work 10 times harder than everybody else. Just to have a good day. You, you automatically have to work harder and that automatically hear me out on this. That automatically generates respect. People respect the fact that you're working hard, that you're smart, that you're going about this recovery in a creative way. They respect that. That is the power of story. Having respect, turning this illness into something that makes you even greater in the eyes of those who care about you. That is the power of your story. So I got to ask, what is the story that you will, right?

Speaker 1: [37:08](#) One of the ways you know that you've practiced your story is that you can relax, you can relax about your story, and I take

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time every single week inside of a very special community. It's on Facebook, it's the podcast group or this show, it's the bipolar now podcast on Facebook. And every week I get in there and I, that's what I try and do is I just try and get people to relax about their stories so they can be clear about the steps they need to take. So if you feel like you've been missing out on community and you just want to be in a cool mix of people who are trying to figure this thing out and they're each contributing in their own way, some incredible knowledge, and they're gaining the power of sharing their story, then I invite you, I very warmly invite you to come and join us. All you gotta do is go over to Facebook, look for the bipolar now podcast group, and then click the button to join and we'll let you in. So okay, next week, next week is going to be so much fun. My friend Michael is coming on the show. He's a professional golfer. He's written a book. He's got an incredible story to tell and we are going to spend that episode giving you some straight talk about alcohol. You heard me right? You definitely don't want to miss it, so I will see you here. Same time, same place. Adios.

- Speaker 2: [38:49](#) [inaudible].
- Speaker 3: [38:54](#) Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com)
- Speaker 4: [39:00](#) [inaudible].