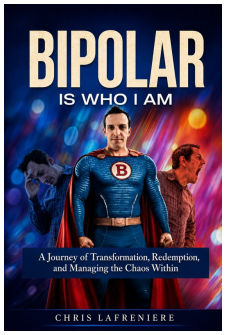
AUTHOR · SPEAKER · MENTAL HEALTH ADVOCATE

# Chris LaFreniere

***BIPOLAR IS WHO I AM*** *— A Journey of Transformation, Redemption, and Managing the Chaos Within*

A memoir written from nearly two decades of lived experience with Bipolar I disorder, faith, fatherhood, and recovery in central Maine. Chris speaks with candor and hope — not as a clinician, but as someone who has walked through psychiatric hospitalization, rebuilding, and redemption.






## ABOUT CHRIS

Chris LaFreniere is a husband, father of three, and Massachusetts transplant living in central Maine. Diagnosed with Bipolar I Disorder in 2008, he writes and speaks from lived experience. His memoir has been endorsed by a Maine State Senator, pastors, mental health professionals, and bestselling authors. His motto: “Hope Through Honest Conversation.”

## SUGGESTED TALKING POINTS & INTERVIEW TOPICS

- What mania, psychosis, hospitalization, and the aftermath actually feel like from inside the experience — and why receiving a diagnosis is not the end of a person’s story.
- Meeting “Mr. Bipolar”: living with a disorder that never completely disappeared without surrendering my entire identity to it.
- Faith when healing doesn’t come: what happened after prayer, fasting, Bible study, and the laying on of hands didn’t remove the illness.
- Medication, faith, and the ordinary daily rhythms that helped turn chaos into a stable marriage, fatherhood, and family life.
- Why mundane stability can be a profound victory for someone whose life was once defined by crisis.
- Why I finally wrote down the hardest and most fragmented years of my life — and how I hope the story helps individuals and families feel less isolated.

## BOOK AT A GLANCE

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**Book Chris:** chrislafreniere.com/contact | **Website:** chrislafreniere.com | **Substack:** bipolariswhoiam1.substack.com