

# DISABILITY VISIBILITY

Falling/burning Hannah Gadsby,  
Nanette, And Being A Bipolar Creator

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**BIPOLAR DISORDER  
CAUSES DRAMATIC MOOD  
SWINGS FROM OVERLY  
“HIGH” AND/OR IRRITABLE  
TO SAD AND HOPELESS,  
AND THEN BACK AGAIN,  
OFTEN WITH PERIODS OF  
NORMAL MOOD IN  
BETWEEN. SEVERE  
CHANGES IN ENERGY AND  
BEHAVIOR GO ALONG  
WITH THESE CHANGES IN  
MOOD. THE PERIODS OF  
HIGHS AND LOWS ARE  
CALLED EPISODES OF  
MANIA AND DEPRESSION.**

**“NOT FLYING BUT FALLING WITHOUT  
RECOGNIZING THE DROP IN ALTITUDE.”**

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