

# Hi. I'm Bob!

## MOTIVATIONAL SPEAKER & VOICE TALENT

Bob Stavnitski is an advocate and author dedicated to raising awareness about bipolar disorder through his powerful storytelling. Despite a promising early life as a champion athlete and aspiring diplomat, Bob faced unexpected challenges when diagnosed with bipolar disorder in his late teens. His journey of overcoming deep-seated depression and personal setbacks has become a source of inspiration for many.

Through his writing, Bob candidly shares his experiences, offering hope and understanding to individuals and families affected by mood disorders. He believes in the unique beauty and brilliance of the bipolar mind, advocating for a greater appreciation of the insights it can provide into art, nature, and human relationships. Bob's work has been recognized in mental health forums, where his insights continue to empower those living with mental illness.



@bstav2  
@thebipolarcode



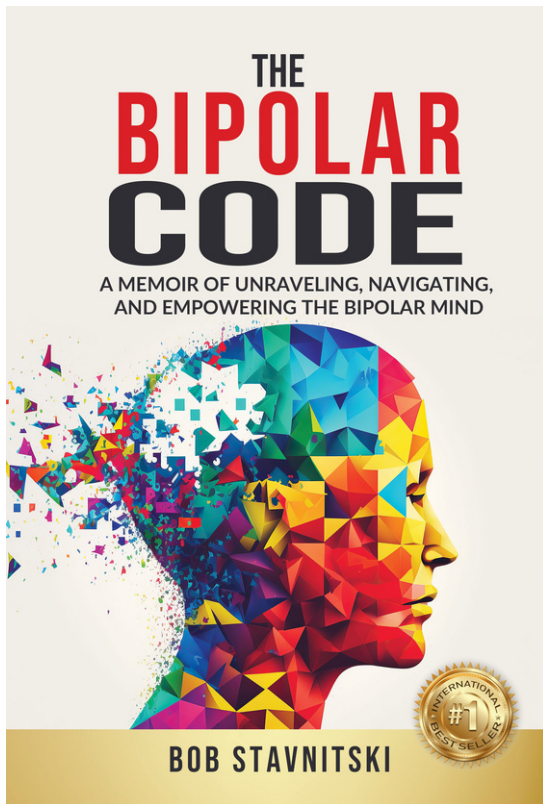
TheBipolarCode.com  
BipolarBob.com  
Amazon.com/author/bobstavnitski



Voiceovers  
Narrator



bob@bipolarbob.com



## SPEAKING TOPICS

- ✓ "Decoding the Bipolar Experience: A Real-Life Guide to Understanding the Ups, Downs, and Everything In-Between"
- ✓ "The Beautiful Mind: Harnessing the Creative Power Within Mental Illness"
- ✓ "From Stigma to Strength: Rewriting the Narrative Around Bipolar Disorder"

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## Book Reviews

This book opens your eyes and gives you a very personal look at living with bipolar illness. The author is very open about his journey, showing both the hard times and the unique brilliance that can come with having the disease. What I liked most about him was that he didn't just talk about the hard times; he also talked about the strength and perseverance that were needed to get through them. You should read it if you want to learn more about bipolar illness, whether you have it yourself or love someone who does.

*TJ Brown*

Bob Stavnitski's *The Bipolar Code* is a raw and honest memoir that sheds light on the challenges of living with bipolar disorder, not just for the individual but for their loved ones. As a spouse, I found it both heartbreaking and validating, capturing the emotional highs and lows that come with supporting someone through this illness.

*Kathryn*

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