

Major General Gregg F. Martin, PhD, US Army (Retired), is a 36-year combat veteran who led more than 10K soldiers in the Iraq War. A bipolar survivor and THRIVER, and mental wellness warrior, he is an Airborne-Ranger-Combat Engineer, and Army Strategist. He led a combat engineer platoon, company, battalion and brigade, and was commanding general of Fort Leonard Wood and the Army Corps of Engineers Northwest Division, commandant of the Army Engineer School and the Army War College, and president of the National Defense University. A graduate of West Point, he holds a PhD and two master's degrees from MIT, and master's degrees from both the Army and Naval war colleges. He lived unknowingly on the bipolar spectrum his whole life, which mostly helped him, until he rocketed into full blown mania and terrifying psychosis, then crashed into crippling depression, along with PTSD and moral injury — a devastating combination which almost killed him. His life's mission and purpose is sharing his bipolar story to help stop stigma, promote recovery, and save lives. His wife Maggie is an Army brat, Army wife, and Army mom to three sons, two of whom are Army Special Forces veterans, and one a “starving artist.” Martin is also the father of two sons who live with bipolar disorder, which makes for a fantastic family support team! Martin is the author of **“BIPOLAR GENERAL: My Forever War with Mental Illness.”** A globally recognized leader in mental health and bipolar disorder, he is an “Expert by Lived Experience” in the BipolarActionNetwork.org and a leading character in BrainStormtheFilm.com , a new documentary on bipolar disorder that will air on PBS. For more, see his website at BipolarGeneral.com . He is also grateful and proud to be an IBPF.org and NAMI.org Ambassador, and an Advisor to DragonflyMentalHealth.org.