



Bipolar Disorder Beyond the Silence

Linda M. Gibson

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This book provides insight into the mind of a person with a mental illness—bipolar disorder. It promotes understanding, hope and encouragement to those who have the illness, their friends and family members. Living a successful, ordinary life with a bipolar disorder can be achieved. This book is evidence recovery is possible. Take this opportunity to learn about making the right choices, which can eradicate fear, negativity, and depression and stimulate recovery. In these pages you will find answers to your questions. Why wait? Action ends in results but waiting never ends.

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