



# Living with Bipolar Disorder: A Guide for Individuals and Families

*Cristina Hayden*

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# Living with Bipolar Disorder: A Guide for Individuals and Families

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## **Living with Bipolar Disorder: A Guide for Individuals and Families** Cristina Hayden

Attention: Don't Blame Us If Your Whole Set Of Mood Swings Get Completely Eliminated, And You Are Ever-Smiling Now...! Are You Extremely Happy One Moment And Extremely Sad The Next? Are You On Top Of The World Today And Suddenly Down In The Doldrums Tomorrow? Is Bipolar Disorder Really Making Your Life Miserable? Do You Want To Live Normally Once Again? Finally! Discover Some Highly Effective Tips To Get Rid Of Bipolar Disorder...And Stay Happy And Excited Always! Don't Let Bipolar Disorder Ruin Your Life Anymore! "Living with Bipolar Disorder: A Guide for Individuals and Families," a 130-page book that provides comprehensive information about this disorder, is a must read for everybody who wishes to enhance their knowledge about it. Revealing little-known facts, it offers an insight into the disorder. It explains in simple, layperson's terms the signs and symptoms of bipolar disorder and outlines various ways of managing it.

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