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Bipolar 1 Disorder - How to Survive and Thrive

Molly McHugh

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Bipolar 1 Disorder - How to Survive and Thrive is a memoir of living with Manic Depression plus 10 alternative treatments that will help you or a loved one not only survive this serious and devastating illness but thrive. Things you can do beyond the psychotropic drugs a psychiatrist will prescribe or in addition to taking these medications which will help them be more effective and less debilitating. You will learn how to potentially lessen the severity of its highs and lows.

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