



Beating Bipolar: How One Therapist Tackled His Illness . . . and How What He Learned Could Help You!

Blake LeVine

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Beating Bipolar is an insider's view of a mental illness shared by nearly six million adult Americans. From his perch as therapist, life coach, and fellow sufferer, author **Blake LeVine** demonstrates that life can be rich and rewarding, despite the need to tend to the day-to-day challenges of a potentially debilitating illness.

In offering tried-and-true strategies, based on medication, therapy, and support, he provides more than just commonsense advice for maintaining long-term sanity, however. Blake weaves his own inspiring bipolar story with uplifting examples of others who have overcome this condition with commitment and hard work. He shows that it can be done!

Beating Bipolar is written for patients, family members, and other advocates who want to stop the ruinous thoughts and behaviors linked to this disorder. It's crafted for anyone who longs for a path to wellness but may need help in identifying and taking the first critical steps. Finally, this book is a must-read for everyone who is eager to turn the darkness of a mental illness into the glow of a healthy, fulfilling life.

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Bruce Jones:

Exactly why? Because this Beating Bipolar: How One Therapist Tackled His Illness . . . and How What He Learned Could Help You! is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book possess such as help improving your expertise and your critical thinking approach. So , still want to postpone having that book? If I had been you I will go to the reserve store hurriedly.

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