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Bipolar Happens! provides 35 inspirational tips for those with bipolar disorder as well as invaluable information for those who care about a person with bipolar disorder. Written with a very funny and riveting honesty as only a person with the illness can do, Bipolar Happens! offers practical knowledge and deep insights into what it is like to live with bipolar disorder.

Bipolar Happens! 35 Tips and Tricks to Manage Bipolar ...

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