

# **A Lifelong Journey: Staying Well With Manic Depression/bipolar Disorder: Staying Well With Manic Depression/bipolar Disorder - Sarah Russell**

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This book has provided a wellness view of manic depression. Although the stay well stories and plans do not represent all people who experience manic depression, these stories fill an important gap in our understanding of manic depression. Rather than focus only on the 'burden' of manic depression, it is crucial to also listen to people who stay well. These stories provide proof that people with manic depression can aspire to full lives. Author: Russell, Sarah Publisher: ReadHowYouWant Illustration: N Language: ENG Title: A Lifelong Journey: Staying Well With Manic Depression/Bipolar Disorder: Staying Well With Manic Depression/Bipolar Disorder Pages: 00000 (Encrypted EPUB) On Sale: 2009-07-13 SKU-13/ISBN: 9781427087355 Category: Health & Fitness : Health Care Issues

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