



# Emotional Healing from BiPolar Disorder: The Pocket Therapist Guide

*Dr Mel Gill*

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## **Emotional Healing from BiPolar Disorder: The Pocket Therapist Guide** Dr Mel Gill

Whether you have been diagnosed with this disorder –or someone you love has – the knowledge provided within these pages will go a long way in understanding what this illness is and how to better cope with it. If you are sufferer then you'll find the information contained herein will give you more choices in taking charge of your own health care.

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