



The Claws And Embrace: Dealing With Depression In Bipolar Disorder (My Bipolar World)

Sylvia Meier

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In the newest edition of "My Bipolar World" author Sylvia Meier takes you into the darker side of bipolar disorder, the depressive side. She reveals through various entries the true darkness that can swallow a person whole. Learn how you can overcome depression and escape "The Claws And Embrace" of it and start living a happier, healthier life.

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