

This quick guide will get you the 411 you need to get your symptoms under control now! For anyone with bipolar disorder the diagnosis is just a confirmation of what you've already known. You're up, you're down. Some days you want to do everything and others you struggle to get out of bed. Bipolar disorder is one of the hardest things to live with because everyone still expects you to be "functional". Your symptoms can range from one day to the next which makes managing this condition so difficult. That's why books like this can help! You know that managing your symptoms can take over your daily life, and sometimes the choice between one disruption and another isn't appealing. This book is going to give you a few simple ideas about how you can help make your day more functional. Bipolar disease isn't something that can be cured, there's no vaccine and there's no quick fix. But there is hope. Millions live with this illness daily which is why you need to take control over your symptoms. Treating your disease should be a priority, not just for yourself but because it affects everyone around you. If you don't want to do it for your family then you should do it for yourself. You are a worthwhile individual, no matter what the disease tells you. It's also important to manage yourself and achieve this because if you can win over bipolar you can do anything. There are so many others like you out there that you're never alone in your suffering. Even if everyone close to you fails to understand you can always reach out. Therapists, counselors, groups, and even strangers over social media can all empathize and help you get through this. Hopefully, this book will help. In fact, it should help you a lot, especially if you're just getting started with managing your symptoms. Inside You Will Find: Why Meds Aren't Enough? How To Exercise Effectively The Importance Of Emotional Support And Where It Can Be Found The Principles Of CBT Finding Help In Healthy Living Techniques To Lower Your Stress And Much, Much More!!! Take Action And Get This Kindle Book For ONLY \$0.99!!

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