



Bipolar from the Inside (Paperback)

By June Pizano

AUTHORHOUSE, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It has been my pleasure to know June for more than 30 years. During that time I had had the advantage of observing her evolve and manage a difficult disease. June is one of those rare unique individuals who survive and even thrive with this very difficult disease. Her bigger strength is the ability to deal directly with the illness and adapt survival tools for coping. I have observed her use of diet, exercise and meditation as tools. Additionally, her personal strength gives her the courage to speak freely of her experience for the pacific purpose of giving other hope. Writing this book is a journey recounting the years devoted to survival and the lessons learned along the way. La Doris Sam Heinly, author/speaker I am Still Her The Memories in the Making In Bi Polar from the Inside, I share my life experience with being Bi Polar. Diagnosed at thirty four, my journey to a healthier and functional life began with the help of family, friends, doctors and medication. Drawing on the things I have learned the last 34 yeas, I...

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