



Overcoming Depression and Manic Depression (Bipolar Disorder) A Whole-Person Approach

Paul Wider

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Read this book and feel better. Counselor and author Paul Wider, MA shares his own battle with and victory over depression and bipolar disorder--formerly called manic depression. His hope is contagious as he shares numerous practical tools he used and you can use to get well and stay well. Helpful information for caregivers is also included.

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