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Im Not Crazy A workbook for teens with depression and bipolar disorder

By Linda de Sosa

iUniverse.com. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 8.9in. x 6.0in. x 0.3in. Teens!! It isn't fair that you have depression or bipolar disorder. You can continue along the same path, but chances are, if someone gave you this workbook, that path isn't the best. Working through these pages will help you understand what the heck everyone is talking about. You might even see some of your behaviors and thoughts. It has practical suggestions to help you cope. What does it hurt to try? Ultimately, it is your choice to work through the issues. But, it's kinda nice to see that you aren't the only one to have these crazy thoughts. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Reviews

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Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication I have read within my individual lifestyle and may be the best publication for at any time.

-- Prof. Ron Gaylord II