

# **Bipolar 101: A Practical Guide To Identifying Triggers, Managing Medications, Coping With Symptoms, And More By Ruth C. White**

**By Ruth C. White**

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Bipolar 101 : A Practical Guide to Identifying Triggers, Managing Medications, Coping with Symptoms, and More (Paperback) by Ph.D. Ruth C. White, John D. Preston

Bipolar 101: A Practical Guide: identifying triggers, managing medications, coping with symptoms and more: calm physical symptoms & reclaim your life:

not only is there a lack of economic data on the market but also on consumers expenses, but more so, many products do not respond to a clear categorization

Revised February 2015

Feb 28, 2009 a practical guide to identifying triggers, managing medications, Bipolar 101; a practical guide coping with symptoms, and more. White, Ruth C

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