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### **Bipolar workbook: a tool for controlling mood**

Nonetheless, the simplest method is reading a bipolar disorder workbook. It may provide folks with simple resources giving victims what they need.

### **The bipolar workbook for teens | newharbinger.com**

I highly recommend this excellent workbook, not only for teens diagnosed with bipolar disorder, but also for those experiencing troublesome mood swings.

### **Bipolar workbook: tools for controlling your mood**

Living with bipolar disorder is a lifelong challenge. Those who struggle with the illness have to learn effective ways to control their mood swings, avoid relapse

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