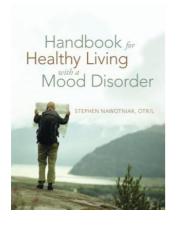
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HANDBOOK FOR HEALTHY LIVING WITH A MOOD DISORDER



iUniverse, United States, 2014. Paperback. Book Condition: New. 279 x 208 mm. Language: English. Brand New Book. Twelve years ago, author Stephen Nawotniak was diagnosed with bipolar disorder after a weeklong hospitalization for a severe case of depression. He has been coping with the symptoms and in the process of recovery since. In Handbook for Healthy Living with a Mood Disorder, he offers an experienced-based sharing of skills and tools that have worked for him. Relying on his experience...

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- Authored by Stephen Nawotniak Otr L
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