



Beating Bipolar: How One Therapist Tackled His Illness . . . and How What He Learned Could Help You!

By Blake LeVine

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Beating Bipolar explains how to emotionally overcome bipolar disorder, sharing insider lessons from a leading expert who also lives with the illness. It will help families, teachers, mental-health professionals, those with bipolar disorder, and anyone looking to learn about it. The book is filled with uplifting stories and techniques to help manage this debilitating illness.

With bipolar disorder affecting millions, this book will be the guide to allow us to create more healing in our lives.

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Editorial Review

About the Author

Blake LeVine is a social worker and life coach dedicated to bettering lives. An expert on helping people with bipolar disorder and improving emotional health, Blake is also the only social worker to personally meet the Dalai Lama, Nelson Mandela, Mother Teresa, Princess Diana, Michael Jackson, and more than 5,000 other notable people. Blake has appeared on *Dr. Phil*, CNN, ABC, Fox, **Oprah.com**, and over 500 radio programs. He has worked with the homeless in New York City, foster-care children, and bipolar families, and has been in private practice for several years. Blake holds a master's degree in social work from Adelphi University.

Users Review

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Gertrude Barrett:

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