



# Tools of Success: Managing Bi-Polar Disorder

*Robert C. Harrison*

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# Tools of Success:Managing Bi-Polar Disorder

*Robert C. Harrison*

**Tools of Success:Managing Bi-Polar Disorder** Robert C. Harrison

This book explains fundamental ways to live a stable lifestyle with bi-polar disorder. I describe ways of overcoming depression, anxiety, traumatic experiences, mania, and more. All while giving life story with poetry from my battles.

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