



# Breakthroughs For Bipolar Disorder 2nd Edition

*John T Hoyle II*

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# Breakthroughs For Bipolar Disorder 2nd Edition

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## **Breakthroughs For Bipolar Disorder 2nd Edition** John T Hoyle II

Written from personal experience with Bipolar Disorder, this book is a how-to guide to living a better life. It covers topics such as emotional integration, psychological detoxification, higher consciousness, nutrition, sleep patterns, energy medicine and yoga. The information is designed for those who have achieved a baseline of stability and desire to re-enter the "flow" of life in order to consciously grow. If you feel stagnant in your growth process due to mood shifts and/or medication, this book will show you how to breakthrough on the journey to wellness and wholeness.

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