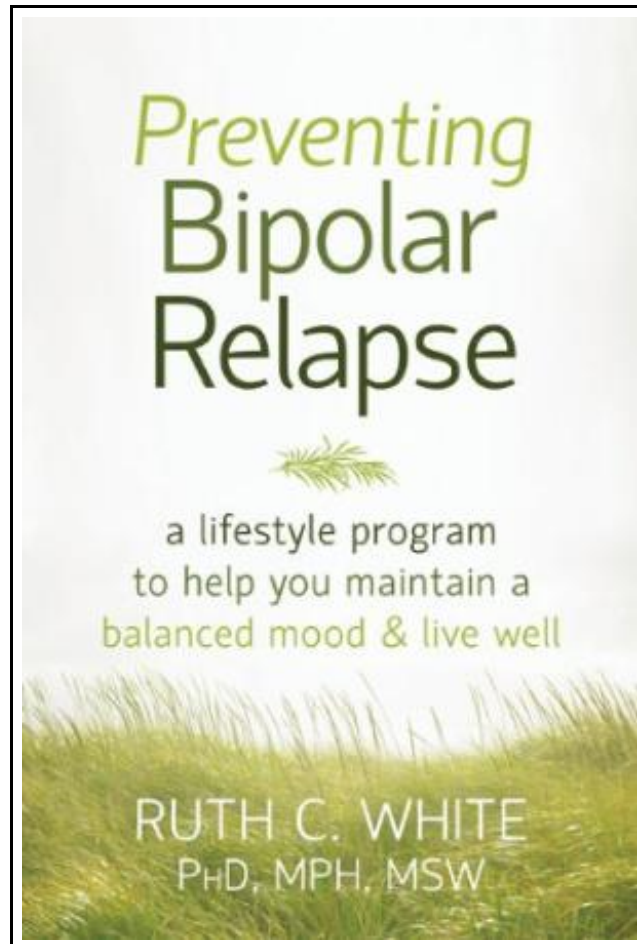


## Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well



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## PREVENTING BIPOLAR RELAPSE: A LIFESTYLE PROGRAM TO HELP YOU MAINTAIN A BALANCED MOOD AND LIVE WELL



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