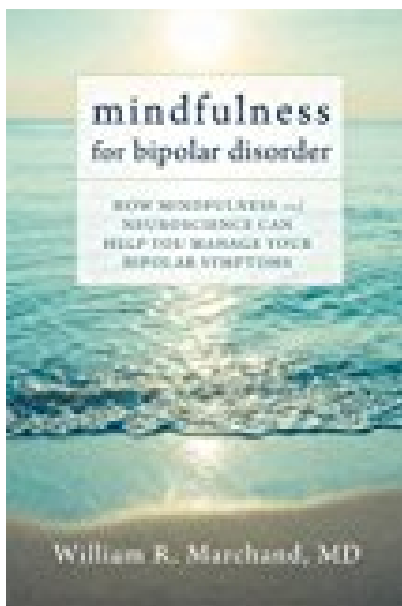


Mindfulness for Bipolar Disorder How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms



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