



# Bipolar Expedition

*Gene Leboy*

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## **Bipolar Expedition** Gene Leboy

Bipolar Expedition explains how one can successfully survive serious suicidal manic depression. A victim of manic depression for over forty years, author Gene Leboy lived through two suicide attempts and their resulting hospitalizations. Bipolar Expedition explains, in both simple and technical terms, what manic depression (Type II Bipolar Disorder) is. Learn how the support of family, friends, loved ones, lovers, medical professionals, medications and knowledge of oneself, are essential components in a fight against depression. Leboy offers a guide for coping with the serious disease of depression and dealing with the prejudices many people still hold against mental illness. He believes that talking about the disease, frankly and fully, is the most effective approach to managing depression.

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#### **Frank Johnson:**

People live in this new time of lifestyle always try and and must have the time or they will get wide range of stress from both lifestyle and work. So , if we ask do people have time, we will say absolutely of course. People is human not really a robot. Then we request again, what kind of activity do you possess when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative throughout spending your spare time, the actual book you have read will be Bipolar Expedition.

#### **Robert Riggio:**

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#### **Mildred Bostwick:**

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