



# Transcending Bipolar Disorder: A How To Guide For Creating Ease And Order

*John T Hoyle II*

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# Transcending Bipolar Disorder: A How To Guide For Creating Ease And Order

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## **Transcending Bipolar Disorder: A How To Guide For Creating Ease And Order** John T Hoyle II

This book details the knowledge gained from over 10 years of struggle with Bipolar Disorder. Transcending Bipolar Disorder introduces breakthrough techniques for eliminating the symptoms of the illness and the side effects of medications necessary to treat Bipolar Disorder. Through the use of these practices those with Bipolar Disorder will be able to consciously outgrow this illness through ancient and modern methods for spiritual and psychological development. The practices and the structure that comes from implementing these practices will balance the brain chemistry, develop greater emotional intelligence and spiritual awareness. This will allow an individual to experience greater peace, calmness and stability in their life. The book covers a broad range of practices that one will easily be able to include in their daily life. In addition, because of the monetary challenges that can accompany this disability a simple and easy way to generate extra money is included in this book. The book provides an optimistic view of the illness Bipolar Disorder and gives reasons why one should be able to look upon this illness as an advantage for a more meaningful life instead of a setback.

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