



It Takes Guts To Be Me: How An Ex-Marine Beat Bipolar Disorder

Ken Jensen

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Bipolar Disorder is becoming a worldwide epidemic. Ken Jensen is a Marine Gulf War vet who overcame it. Inside, you will find his life story focusing on the parts that helped lead him into the nightmare that is bipolar disorder. He was moderately to severely ill for eight years and even landed in a two-week coma from it. Frustrated with how doctors seemed unable to help him, and facing mounting health crises, he struck out on his own and developed an all-natural system to heal himself. He got his life and his sanity back. This book details that journey and includes the system he still follows to maintain his good health. Thousands have gone on to happy, fulfilling lives just by following the first step, alone. But some have a longer list of traumas that need to be addressed. Ken was one of these folks and he found the additional tools to get his life back on track, then, go on to excel and help others do the same.

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Dennis Stclair:

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Nellie Wellborn:

The book untitled It Takes Guts To Be Me: How An Ex-Marine Beat Bipolar Disorder contain a lot of information on that. The writer explains the woman idea with easy means. The language is very simple to implement all the people, so do not really worry, you can easy to read this. The book was authored by famous author. The author will bring you in the new time of literary works. You can actually read this book because you can read more your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and also order it. Have a nice study.

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