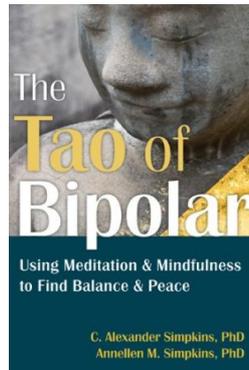


## The Tao of Bipolar: Using Meditation and Mindfulness to Find Balance and Peace



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