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The Bipolar Relationship: How to understand, help, and love your partner

"People with bipolar disorder do better when they have support from family members and friends. Those whose loved ones are involved and supportive tend to recover more quickly, experience fewer manic and depressive episodes, and have milder symptoms."

—helpguide.org

The Bipolar Relationship

How to **understand,**
help, and **love**
your partner



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AND NANCY ROSENFELD

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