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Altri autori (Persone)	SylviaLouisa Grandin Reilly-HarringtonNoreen A
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## Sommario/riassunto

The Bipolar II Disorder Workbook is designed to help readers manage recurring depression, hypomania, and anxiety associated with bipolar II disorder. This user-friendly self-help workbook draws on evidence-based cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other mindfulness-based approaches to help those suffering from bipolar II disorder live more normal lives.

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