



# **Welcome to the Jungle: Everything You Ever Wanted to Know About Bipolar But Were Too Freaked Out to Ask (Paperback) - Common**

*By (author) Hilary Smith*

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Bipolar is one of the most commonly diagnosed emotional/psychiatric condition and diagnosis tends to come when one is in ones late teens or early 20s. And yet almost nothing has been written about it from eye level and a young persons perspective. Welcome to the Jungle fills that gap with its upfront, empowering approach to the challenges of being diagnosed bipolar. Both humorous and immensely hon

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