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The Bipolar Workshop

Ms Terri L Callsen

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The Bipolar Workshop

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The Bipolar Workshop Ms Terri L Callsen
If you are looking for straight talk about what Bipolar Disorder is like, the symptoms, how simple small things that repeat can turn into uncontrollable rage this is the book for you. This book is for you if you want to learn through a fictional story how to bring your emotions under control, and learn the range of the selves by taking a journey with Joanne, Sally, Larry and Peter as they take workshops. *****The characters in this book are purely fictitious and represent the majority of society who carry the mental illness DNA. The workshops come from the mind of the author as she has taken several workshops, years of counselling, read numerous self-help books and outdated Psychology texts.*****

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