



# Perspectives: A View of My Own

*Barbara Arner*

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## **Perspectives: A View of My Own** Barbara Arner

Perspectives - A View of My Own, is a first-hand account of the author's experience living with bipolar disorder. Through her mental health challenges she has managed to survive, thrive, and ultimately live. This book is intended to give the reader hope that it is possible to live a creative, healthy life while living with bipolar disorder.

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