



# Living with Bipolar by Richard Gallacher: A personal account

*Mr Richard Anthony Gallacher*

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**Living with Bipolar by Richard Gallacher: A personal account** Mr Richard Anthony Gallacher

A truthfull take on the condition Bipolar from someone who actually has the disorder, sharing experiences, coping mechanisms, triggers in order to best help family and friends of someone with the condition better understand and deal with the condition if effected themselves.

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