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Destroy Fear and Take Massive Risks: How to Move Fast, Make Bold Moves, and Win Big Silas Mary, 2025-02-26
Fear is often the greatest barrier to taking bold action but it doesn't have to be. *Destroy Fear and Take Massive Risks* teaches you how to confront and conquer your fears so that you can make big bold moves that lead to extraordinary success. This book shows you how to build the courage to take calculated risks, move fast, and embrace opportunities that others might shy away from. By learning how to control your fear, develop mental resilience, and act decisively, you will position yourself to achieve bigger, more meaningful results. Whether you're an entrepreneur, investor, or anyone looking to take your life to the next level, this book will give you the tools to overcome fear, take massive action, and win big. *Take Charge of Bipolar Disorder* Julie A. Fast, John Preston, 2023-05-09
Revised and updated, *Take Charge of Bipolar Disorder* is a groundbreaking comprehensive program to help those with bipolar disorder and those who care about them gain permanent control over their lives. Most people diagnosed with bipolar disorder are sent home with the name of a doctor and multiple prescriptions. However, few people with bipolar disorder are able to find long-term stability with medications alone. Bipolar disorder researcher and expert Julie A. Fast, who was diagnosed with the illness at age thirty-one, and specialist John Preston, PsyD, offer the pioneering Take Charge program used around the world to help readers promote stability, reduce mood swings, increase work ability, decrease health care costs, and improve relationships. The book guides those with bipolar disorder and their loved ones toward a comprehensive personal treatment plan by incorporating medications and bipolar-safe supplements, lifestyle changes that help manage bipolar symptoms naturally, behavior modifications that reduce and prevent symptoms, and guidelines on assembling an effective support team. By helping readers gather powerful strategies, *Take Charge of Bipolar Disorder* delivers a dynamic program to treat this difficult but ultimately manageable illness. *Crossing Back Over* Brett Stevens, 2020-12-16
Brett's most recent manic episode has derailed him from life as the director of operations at a prominent software start-up in Texas. He is now at home, fully dependent on his mother, and officially diagnosed with bipolar disorder. Brett is terrified. He has no guarantees on his long-term health, no understanding of how his medication works, and is still dealing with hell-like anxiety, restlessness, mania, and depression. *Crossing Back Over: The Practice of Owning and Accepting Bipolar Disorder* details Brett's battle with taming the beast that is bipolar. Written in the same style as part 1 of his story, *Crossover: A Look Inside a Manic Mind*, *Crossing Back Over* sheds light on what true recovery looks and feels like from a firsthand account. No matter the environment, recovering from a serious event takes hard work, discipline, patience, and acceptance. *Crossing Back Over* allows the reader to peek behind the curtain of an individual determined to find a happy life, even with his chronic brain disorder. This book is valuable for anyone who is facing a deeply personal challenge. [Original Sanskrit Texts on the Origin and History of the People of India](#) John Muir, Trübner & Co (London), 1874 [Oregon Exchanges for the Newspapermen of the State of Oregon](#), 1922 *Longmans' complete arithmetics* Longmans, Green and

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