



# **Journey Not Chosen... Destination Not Know: Living with Bipolar**

*Mary Worthen*

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# Journey Not Chosen... Destination Not Know: Living with Bipolar

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## **Journey Not Chosen... Destination Not Know: Living with Bipolar** Mary Worthen

Journey Not Chosen...Destination Not Known is an extraordinary account of one family's struggle with bipolar disorder..It at once a nightmarish tale, a triumph of strength of a family bonds, a primer regarding the signs and symptoms of this common but often unrecognized illness, and a compendium of resources for help and treatment.

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