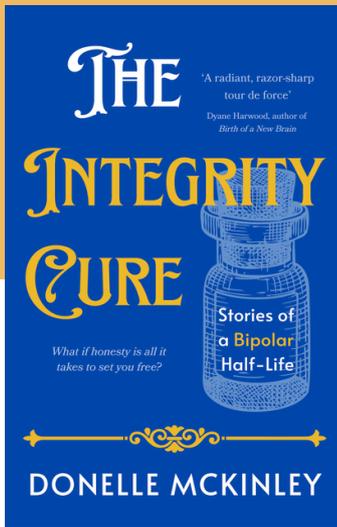


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## The Integrity Cure

Stories of a Bipolar Half-Life



Inspired by the illumination of Bipolar Type II diagnosis at age 46, and the subsequent process of healing, Donelle McKinley's memoir offers hope of clinical recovery from 'incurable' illness and lights the way for others.

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### Definitions

integrity (noun): the quality of being honest and the state of being whole and undivided

cure (verb): relieve a person of the symptoms of a disease or condition

### Key ideas

1. Bipolar Type II is not incurable as widely believed: clinical recovery is possible.
2. Bipolar Type II is a symptom not the root cause of suffering.
3. Integrity-focused life coaching can be an effective form of therapy for Bipolar Type II.
4. Bipolar Type II can be effectively managed without prescription mood stabilizers.
5. Bipolar Type II is a mental illness that can fly under the radar in society, causing undiagnosed people to suffer without support for decades.

**More information:** [donellemckinley.com/memoir-bipolar/](https://donellemckinley.com/memoir-bipolar/)

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