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Soaring and Crashing, The Half-Truth High

Find out the winner of the 5th Annual Be the Star You Are! essay contest and listen to the winning entry with host Cynthia Brian. Soaring and Crashing chronicles author Holly Hollan's personal journey into the throes of Bipolar disorder with a hopeful way to cope. Breaking the illusions of the most powerful drug in life and business, Kevin Fleming, PHD, paves a way to understanding with his book, The Half-Truth High

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