



# Mastering Your Moods: Understand Your Emotional Highs and Lows and Achieve a More Balanced and Fulfilled Life

*Stephen Arterburn*

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If you are frequently depressed or feel as if you are on a careening roller-coaster ride of emotional ups and downs--a ride that sometimes indicates a bipolar-related disorder--your moods may well control you. But there is a better way. Mastering Your Moods explores depression and what you can do about it. No matter how deep your depression or drastic your mood swings--even if you've struggled for years--you can experience a fulfilling, joyful life. Thousands have struggled for years and then turned to these men for wisdom and direction--and found hope and a new way of living victoriously.



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