

# It Takes Guts To Be Me



## It Takes Guts To Be Me: How An Ex-Marine Beat Bipolar Disorder by Ken Jensen

★★★★☆ 4 out of 5

Language : English  
File size : 507 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 260 pages  
Lending : Enabled



### A Book by [Author's Name]

In a world that is constantly telling us to be someone we're not, it takes guts to be ourselves. But when we do, we open ourselves up to a world of possibilities.

In her new book, [Author's Name], shares her personal story of how she overcame the fear of being judged and embraced her true self. She offers practical advice and exercises to help readers do the same.

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### What Readers Are Saying



***“ "This book is a must-read for anyone who has ever felt like they didn't fit in. [Author's Name] shows us that it's okay to be different and that we should all be proud of who we are." ”***

“

***“ "This book changed my life. I used to be so afraid of what other people thought of me. But after reading this book, I realized that I don't need to change who I am to be loved and accepted." ”***

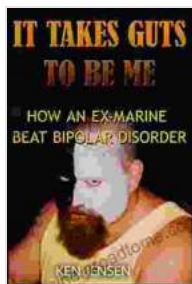
## About the Author

[Author's Name] is a writer, speaker, and coach who has helped thousands of people overcome their fears and live more authentic lives. She is the founder of the [Author's Website], a community for people who are ready to be themselves.

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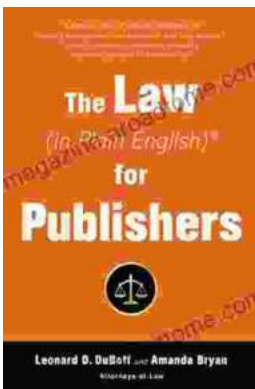
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