

The Bipolar Disorder Answer Book Professional Answers To More Than 275 Top Questions

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The Bipolar Disorder Answer Book is an authoritative reference for people with Bipolar Disorder and their loved ones, providing sound advice and immediate answers to their most pressing questions. Written by an experienced psychiatrist, The Bipolar Disorder Answer Book covers such topics as:

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The Bipolar Disorder Answer Book - Dr. Charles Atkins, MD

The Childhood Bipolar Disorder Answer Book: Practical Answers to the Top 300 Questions Parents Ask (Answer Book) Paperback – August 1, 2008 by Tracy Anglada (Author), Sheryl Hakala (Author) 4.6 out of 5 stars 10 ratings See all formats and editions

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The Bipolar Disorder Answer Book is a recent addition to the resources available for patients and their families. Each of the newly emerging self-help books offers different perspectives and emphasis. This book sets out to cover a broad range of relevant topics.

The Bipolar Disorder Answer Book: Answers to More than 275 ...

" The Bipolar Disorder Workbook describes practical, straightforward techniques to manage bipolar II disorder and cyclothymia. It incorporates cutting-edge concepts from several different evidence-based modalities such as Acceptance and Commitment Therapy, Motivational Interviewing, and Cognitive-Behavioral Therapy.

The Bipolar Disorder Workbook: Powerful Tools and ...

'The Truth About Broken' by Hannah Blum. In her first book, The Truth About Broken: The Unfixed Version of Self-Love... 'Bring Me to Light' by Eleanor Segall. An aspiring actress and family girl, Eleanor never thought her future would be... 'To Walk on Eggshells' by Jean Johnston and 'The Naked ...

Our top books on bipolar disorder | Bipolar UK

Tracy's book shares both her own experience with bipolar disorder, as well as advice for others who have been diagnosed, as well as their loved ones. "It's so realistic to hear things from someone who suffers from it rather than someone who has just studied bipolar and depression.

16 Books People With Bipolar Disorder Recommend | The Mighty

The book gives an open, honest account of what it is like to care for a family member with bipolar disorder. The author Jean Johnston recounts how she dealt with the diagnosis, treatment, and...

10 Helpful Books About Bipolar Disorder | Health.com

The Bipolar Disorder Answer Book is an authoritative reference for people with Bipolar Disorder and their loved ones, providing sound advice and immediate answers to their most pressing questions. Written by an experienced psychiatrist, The Bipolar Disorder Answer Book covers such topics as: -What are the symptoms and different types of Bipolar Disorder?

The Bipolar Disorder Answer Book - Sourcebooks

The Bipolar Disorder Answer Book is an authoritative reference for people with Bipolar Disorder and their loved ones, providing sound advice and immediate answers to their most pressing questions. Written by an experienced psychiatrist, The Bipolar Disorder Answer Book covers such topics as: -What are the symptoms and different types of Bipolar Disorder? -Can other illnesses cause Bipolar Disorder? -What therapies, medications and relapse-prevention strategies can help with Bipolar Disorder ...

Bipolar Disorder Answer Book by Atkins, Charles (ebook)

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities.

Bipolar disorder - Symptoms and causes - Mayo Clinic

This book provides clear and concise answers to the most pressing issues that present themselves when an individual is diagnosed with bipolar disorder. It is a go to book that educates families and healthcare providers on the more practical aspects of living with this disorder. It is written in in

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Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers (Paperback)

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