

Bipolar Disorder Bipolar Disorder Survival Guide Second Edition

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In The Bipolar Disorder Survival Guide, you will learn:How you can distinguish between early warning signs of bipolar mood swings and normal ups and downsWhat medications are available, and what their side effects areWhat you should do when you find yourself escalating into mania or descending into depressionHow you can tell your coworkers about your illness without endangering your careerHow you can provide constructive help and support to a loved one with bipolar disorder Trusted authority ...

Bipolar Disorder Survival Guide: How to Manage Your Bipolar Symptoms, Become Stable and Get Your Life Back (Audio Download): Amazon.co.uk: Sara Elliott Price, Angel ...

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The Bipolar Disorder Survival Guide Will Show You How To Bring Stability Back Into Your Life... You'll find information about depression, mania, hypomania and psychotic episodes. We ' ll discuss the causes, triggers, signs and symptoms to watch out for.

Bipolar Disorder Survival Guide: How to Manage Your...

A lot more scientific than the other books that I've read, the bulk of this book discusses Bipolar Disorder from a doctor's perspective, including possible treatments, medications, etc. and all the studies related to them. The actual chapters on dealing with Bipolar Disorder on a day-to-day basis are short and vague.

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Taking into account that bipolar disorder is found among people — young and old — from all walks of life, The Bipolar Disorder Survival Guide focuses primary on practical tips for managing moods and improving daily life, advice for recognizing and heading off mania or depression, and strategies for telling the difference between everyday ups and downs versus symptoms of bipolar.

The Bipolar Disorder Survival Guide: Book Recommendation

A bipolar disorder diagnosis doesn ' t have to tear apart your life, or your self-perception. You can learn to manage your moods, so that this illness doesn ' t ever stand in your way. It begins with the knowledge contained in these pages. Test these techniques and investigate this advice - so that you can still go on to do incredible things!

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Differential diagnosis | Diagnosis | Bipolar disorder...

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