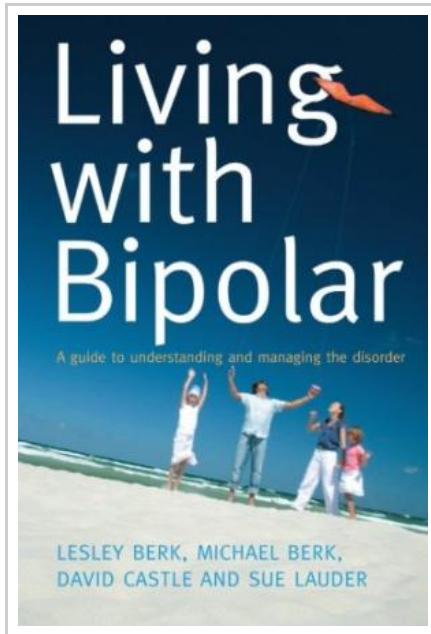




Living with Bipolar: A Guide to Understanding and Managing the Disorder (Paperback)

By Lesley Berk, Michael Berk, David Castle

Allen Unwin, Australia, 2008. Paperback. Book Condition: New. 194 x 132 mm. Language: English . Brand New Book. Living with Bipolar provides essential and practical information for people with bipolar disorder, their families and friends. Two leading research psychiatrists and two psychologists, all with many years of experience in mood disorders, explain that this challenging illness can be managed. While there is no cure, it is possible for people with bipolar disorder to live well. Many people seeking help with depression are diagnosed with a form of bipolar disorder, usually Bipolar I or Bipolar II. The authors explain the causes and triggers, both medical and psychological treatment options, and ways of preventing relapses. Drawing on the experience of their patients, they also show how to develop successful personal strategies for identifying and coping with symptoms, and emphasise the importance of a healthy lifestyle. A clinically rich, informative and practical synthesis of what is known about how individuals may best bring their bipolar disorder under control. .Professor Gordon Parker, Executive Director, Black Dog Institute . A must have companion for those with bipolar disorder and their family members. It contains an excellent description of symptoms, early warning signs, and much more to understand...



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