
Bipolar Guide A Guide To Understanding Bipolar Di

Facing Bipolar
Bipolar 101
Two Bipolar Chicks Guide To Survival
The Bipolar Disorder Survival Guide
The Complete Idiot's Guide to Bipolar Disorder
The Bipolar Guide to the Gift
Bipolar disorder
The Rookie's Guide to Bipolar Disorder
Clinician's Guide to Bipolar Disorder
Understanding Bipolar Disorder
Living with Bipolar Disorder
The Everything Health Guide To Adult Bipolar Disorder
Bipolar Disorder
Living with Bipolar Disorder
Bipolar Disorder
Bipolar Disorder
The Beginners Guide to Bipolar Disorder
The Concise Guide to Bipolar Disorder
How to Live with Bipolar Disorder
Bipolar Disorder
Living With Someone Who's Living With Bipolar Disorder
Bipolar Breakthrough
The Bipolar Disorder Survival Guide, Third Edition
Clinician's Guide to Bipolar Disorder
Facing Bipolar
The Everything Parent's Guide To Children With Bipolar Disorder
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The Concise Guide to Bipolar Disorder
The Everything Health Guide to Adult Bipolar Disorder
How to Live with Bipolar Disorder
Living with Bipolar Disorder
The Everything Health Guide to Adult Bipolar Disorder
Bipolar Depression
The Natural Medicine Guide to Bipolar Disorder
Treating Bipolar Disorder
Bipolar Disorder

Bipolar Disorders: A Comprehensive Guide to Understanding, Diagnosis, and Treatment
Bipolar Guide

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Facing Bipolar Guilford Publications
For persons with bipolar disorder and their families, here is a comprehensive, practical, compassionate guide to the symptoms, diagnosis, and treatment. 22 illustrations.
Bipolar 101 Oxford University Press
This much-needed volume provides essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs. The authors draw on state-of-the-art research as well as their extensive clinical experience as a psychotherapist and a psychopharmacologist. In a readable and accessible style, they offer expert guidance on critical treatment questions. Vivid case examples reflect the diverse illness presentations encountered daily by clinicians in community mental health settings. -- Book Jacket
Two Bipolar Chicks Guide To Survival CreateSpace
After receiving a bipolar diagnosis, you need clear answers. Bipolar 101 is a straightforward guide to understanding bipolar disorder. It includes all the information you need to control your symptoms and live better. Authored by both a psychologist and a mental health expert who has bipolar disorder herself, this pocket guide is the only book on bipolar disorder you'll ever need.
The Bipolar Disorder Survival Guide Guilford Publications
Written in a highly-accessible question and answer format, this comprehensive and compassionate guide draws on the latest research, a broad range of expert opinion, numerous real-life voices and personal experiences from people with bipolar. With a list of useful resources, it is both the perfect first port of call and a reference bible you can refer to time and time again. From how to recognize the symptoms to how to explain to a child that their parent has been diagnosed, first cousins Amanda and Sarah – who have four close family members diagnosed with the condition – explore and explain absolutely everything that someone with bipolar disorder (and those who live with and love them) needs to know.
The Complete Idiot's Guide to Bipolar Disorder Hampton Roads Publishing
More than three million people in the United States suffer from bipolar disorder, a mental illness that is now classified as one of the ten leading causes of disability in the US and the world. While psychiatric drugs may control bipolar disorder, they do not offer any lasting cure and carry the risk of lasting side effects. The Natural Medicine Guide to Bipolar Disorder offers an alternative: innovative, natural, non-drug based approaches that treat the underlying imbalances and restore a healthy mind. Medical journalist Stephanie Marohn identifies the key contributing factors and triggers for mood disorder and profiles a wide range of natural medicine therapies that can truly restore health: biochemical therapy, applied psychoneurobiology, biological medicine, nutritional therapy, cranial osteopathy, allergy elimination, homeopathy, amino acid/nutritional therapy, and more. This fully revised edition offers the latest statistics, research, and interviews with physicians

and other healing professionals who are leaders in the field. Each approach is illustrated with case studies and includes resources for additional information. This is an accessible approach to bipolar disorder, full of helpful information and anecdotes that will be a valuable resource for those who suffer from this disorder as well as their family and friends.
The Bipolar Guide to the Gift New Harbinger Publications
This much-needed volume gives clinicians essential strategies for managing the complexities of bipolar disorder and tailoring treatment to each patient's changing needs. Highly readable, accessible, and pragmatic, the book provides expert guidance on critically important treatment questions. It addresses which medications to try and at what dosages, what psychosocial interventions are most helpful at different phases of the illness, how to continually monitor and fine-tune treatment to keep patients functioning well, and how to involve family members productively. The authors draw on state-of-the-art research as well as extensive clinical experience as a psychotherapist and a psychopharmacologist. Vivid case material is included throughout. Reproducible questionnaires and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Winner (First Place)--American Journal of Nursing Book of the Year Award, Psychiatric and Mental Health Nursing Category
Bipolar disorder AuthorHouse
What does it mean for your child to be diagnosed with bipolar disorder? Where can you go to understand mood disorders, depression, and the highs and lows associated with this condition? The Everything Parent's Guide to Children with Bipolar Disorder is an authoritative handbook designed specifically for parents with questions about their child's emotional well-being, options for medication and therapy, and educational considerations. Author William Stillman helps you: Define bipolar disorder Recognize symptoms of mental health issues Find a doctor and get a diagnosis Heighten awareness of depression, mania, and mood swings Maintain healthy family relationships Navigate the teen years Complete with professional advice to help you cope with daily life, this all-inclusive resource provides reassuring answers for you and your child.
The Rookie's Guide to Bipolar Disorder Simon and Schuster
Although depression is the most common presentation of bipolar disorder, correct diagnosis generally requires a history of mania and thus presents a formidable challenge. This book provides clinicians with the necessary guidance to distinguish this illness and pursue an appropriate therapeutic course. It brings together a team of clinical investigators who offer cutting-edge research on the topic and address the most critical concerns regarding its treatment. Bipolar Depression first introduces a hierarchical model for diagnosis to allow the clinician to distinguish between bipolar and unipolar depression, addressing problems of misdiagnosis and overdiagnosis as well as differentiating attention-deficit/hyperactivity disorder (ADHD) and bipolar disorder. Early chapters review the neurobiology and genetics of this highly heritable condition, presenting studies of neurotransmitter function and brain imaging studies and documenting the susceptibility of specific chromosomes as loci for bipolar disorder. Other chapters address the particular issues of

bipolar depression in children, for whom a diagnosis is especially problematic, and suicide, focusing on the need for assessment during both acute and maintenance treatment with interventions appropriate to a patient's symptoms and history. *Bipolar Depression* offers critiques of specific treatment approaches: Lithium and antiepileptic drugs: featuring a review of the most recent research on the use of lithium, in which higher doses are shown to be effective, plus coverage of lamotrigine, valproic acid, carbamazepine, oxcarbazepine, and topiramate. Antidepressants: offering new perspectives on a complex field, including a discussion of the randomized clinical trial literature and observational studies on their use, and citing cautions regarding side effects. Antipsychotics: evaluating the difference between first- and second-generation medications and discussing their role in controlling acute depressions. Novel approaches to treatment: including the use of atypical neuroleptics, electroconvulsive therapy, transcranial magnetic stimulation, vagus nerve stimulation, ketogenic diet, omega-3 fatty acids, myo-inositol, and dopamine agonists. Psychological interventions: focusing on the inclusion of cognitive-behavioral therapy or interpersonal social rhythm therapy for nonmelancholic depressions in patients who had previously received psychoeducation. Despite the past decade's advances in practice and research, there remains much room for progress in understanding and treating bipolar depression. This book blazes a trail toward that goal, opening new doors in recognizing differences between bipolar and unipolar forms of depression while offering both researchers and clinicians key insights into this troubling illness.

Clinician's Guide to Bipolar Disorder SICS Editore

Like unto an Intercessor reveals the secret of intercessory prayers. This book is virtually an intercessor's manual, laying out the steps of effective intercessory action with regards to certitude, obedience (or submission), faith, bold action, steadfast perseverance, fervency, and total decisiveness. This book is for the spiritual eagles. A mountaintop experience will be achieved through these educative and practical prayer strategies. This book is a must-read for all those who desire to impact heaven through prayer. It is a must-have for intercessors and students in the school of prayer who desire to become prayer addicts.

Understanding Bipolar Disorder Createspace Independent Publishing Platform

Bipolar disorder, formerly called manic depression, is a common condition affecting around 1 in 100 adults at some point in their lives. Worldwide, it affects about 254 million people, with 2.4 million in the UK. The exact nature of someone's illness will be unique to them. These moods typically swing between low or 'depressive', with feelings of intense unhappiness and despair, and high or 'manic', with feelings of supreme confidence, euphoria and boundless energy. Having bipolar disorder can be a frightening, bewildering experience, especially before diagnosis and treatment. This book will help readers understand bipolar disorder and the kind of help available for the condition. It will explain the causes of bipolar disorder, its symptoms and effects; how a diagnosis is made and how it's possible to lead a happy and fulfilling life by managing the condition with the correct treatments. There will also be information for friends and family close to someone with bipolar disorder.

Living with Bipolar Disorder OUP USA

The main aim of therapy is acute treatment and prevention of recurrences of manic and depressive episodes. Always assess, if a depressive patient has earlier had periods of mania or hypomania, i.e., if he/she has a bipolar disorder. Acute phases of a bipolar disorder are usually treated in psychiatric

hospitals. Arrange for the immediate hospitalization of a manic patient.

The Everything Health Guide To Adult Bipolar Disorder Oxford University Press

Mondimore has added sidebars on fascinating details about the history of this disorder and its treatment.

Bipolar Disorder Rodale

Living with Bipolar Disorder is designed to help patients and their families develop the skills they need to be good consumers of treatment and to become expert partners in the management of this challenging disorder. Drawing on research documenting the strength of combining drug treatments with behavioral interventions for fighting bipolar disorder, the authors of this book take a skill-based, family-and-friends approach to managing the ups and downs commonly experienced with bipolar disorder. Readers will learn how to better recognize mood shifts before they happen, minimize their impact, and move on with their lives. Family members will learn how to recognize potential problems, provide encouragement, practice new coping skills, and understand what a loved one is going through. *Living with Bipolar Disorder* provides worksheets and forms to help readers reinforce skills and practices learned in therapy, as well as useful information about the details of living with bipolar disorder, advice on the best ways to avoid relapses, and strategies for anticipating problems. In this new edition, the authors have expanded the text to reflect the newest advances in research on the management of bipolar disorder, adding the latest in drug information, advice on selecting a therapist, a discussion of the challenges of transitioning from adolescence to adulthood with bipolar, managing stress, improving relationship and communication skills both with the family and with one's clinician, and more. *Living with Bipolar Disorder* offers a wealth of effective strategies to reduce the likelihood of episodes of depression or mania and maximize the enjoyment of life.

Living with Bipolar Disorder Penguin

Bipolar disorder is a medical condition where a person faces extreme changes in energy, mood and activity level. The person often goes through extreme phases, where he is excessively depressed or euphoric. The mania phase where the person experiences excitement and elevated mood levels can last for weeks together. In such a phase the person can feel like everything around him is under his control. The depressive phase where the person feels depressed and excessively sad can also continue for weeks. The person will experience dull phases which will leave him exhausted and drained out of all the energy. Bipolar disorder is extremely hard on the person suffering from it. If you wish to help or effectively deal with a person suffering from bipolar disorder, you need to well aware.

Bipolar Disorder Guilford Publications

More and more people are being diagnosed with bipolar disorder, which affects 2.6 percent of all American adults. This diagnosis can be scary for patients and their loved ones, but new medications, therapies, and lifestyle changes have transformed treatment and benefited patients. With this health guide, you'll find authoritative, reassuring advice on topics like: The causes of bipolar disorder Common side effects to medications Alternative and nontraditional approaches Mania and manic episodes Links between bipolar and other disorders This completely revised and updated edition includes the latest treatment options as well as recent studies and classifications. Bipolar disorder is a complex diagnosis. With this positive, supportive guide, you'll find the answers to all your

questions--even the ones you haven't thought to ask.

Bipolar Disorder Guilford Publications

If you want to learn how to live and deal with bipolar disorder, then get "How To Live With Bipolar Disorder" written by a person with real life experience in this topic. This is a how to guide on how to live with bipolar disorder. It's about bipolar disorder or manic depressive illness. The methods expressed in this how to deal with bipolar guide, have been proven to work. I believe that they would work for anyone who has the initiative to use and develop them.. There is a Step-By-Step Twelve Step Guide, with instructions on how to deal with your bipolar disorder and how to achieve a more productive, happy and stable life, when dealing with this disease. The guide consists of these topics listed here: - Know your Disease, Admit you have a problem and diagnose it - Locate a great psychiatrist and counselor - Change your outlook on life and how you see yourself - Work your program - Learn to see signs of trouble: - Make amends and forgiving yourself - Conquer your fears and handling stress - Medications, The Phases and Hospitalizations - Take advantage of the new "YOU" - Follow the Steps to a new life - Help others to help themselves - Reflect and Learn from your past

The Beginners Guide to Bipolar Disorder Simon and Schuster

From the "Two Bipolar Chicks", Wendy K. Williamson and Honora Rose, comes this survival guide disguised as a low-key, how to manual. From their wellness vaults, they compiled three decades worth of tips for you. Filled with insightful anecdotes and personal viewpoints - which can differ - Wendy and Honora steer you through the swamps of bipolar disorder and teach you how to dodge the alligators. From advice on medication, to their own, personal journeys with acceptance, you'll pick up tips on managing depression and mania. There is plenty of factual advice and information on treatments and tidbits for the novice, the pros and everyone in between. It could be an asset to anyone navigating the bipolar waters. Two Bipolar Chicks Guide to Survival: Tips for Living with Bipolar Disorder is the consummate bipolar mix of everything you'll want - and need - inside. The most delicious part is it isn't bogged down with scientific jargon, though they do explain what you need to know. You'll hear more from the author you've grown to love and the co-author you soon will. It's their personal insight that will make this a unique book. Divulging tidbits from manic sex and internet sites to how to not blow your life savings when in a manic episode, they blow the lid off telling it like it is. You wanted to know more and here it is! Wendy has also brought in her editor and partner Honora to double the fun. Wendy K. Williamson is the author of the best-selling, inspirational memoir I'm Not Crazy Just Bipolar. This is the book you wanted her to write next: more tips, more about wellness, more information. Voila! The Two Bipolar Chicks Guide To Wellness: Tips for Living with Bipolar Disorder was born. You'll receive an education about treatments, including their own

experience with Cognitive Behavioral Therapy (CBT) and Electroconvulsive Therapy (ECT). You'll learn the importance of medication management and that not all generics or doctors were created equal. They'll tell you how crucial little details can be from pill trays to choosing your pharmacy to locking up the credit cards when manic. Wendy and Honora will tell you what has worked - and not worked - for them. This book is designed to fill in the gaps of the scientific ones and keep you entertained so you won't fall asleep. Wendy K. Williamson has been positively reviewed by Publisher's Weekly and National Alliance on Mental Illness' The Advocate. She also currently blogs for BPHope.com. Together, Wendy and Honora run The Red Bank Writers Group.

www.twobipolarchicks.com www.wendykwilliamson.com

The Concise Guide to Bipolar Disorder Guilford Press

Living with Bipolar Disorder offers a wealth of information on this illness, along with effective strategies to reduce the likelihood of episodes of depression or mania and maximize the enjoyment of life. Chapters include stress and schedule management, focusing on life goals and improving wellbeing.

How to Live with Bipolar Disorder New Harbinger Publications

When you travel to a new city, it helps to have a map close at hand. On the first day of school, you need to have your schedule of classes. And if you've been diagnosed with bipolar disorder or suspect you may have it, then it's even more important to have a guidebook within reach. Facing Bipolar will help you navigate the world of medications, therapists, and the up-and-down mood cycles common to the disorder. It clearly explains what bipolar disorder is and provides sound guidance for developing the necessary coping skills to manage its impact on your life. In this book you'll discover:

- How therapy and medications can help
- When and how to tell your friends, roommates, and teachers
- The four key factors that will bring more stability to your life
- How to develop a support network and access college resources
- Ways to overcome the challenges in accepting this illness

Bipolar Disorder American Psychiatric Pub

When you travel to a new city, it helps to have a map close at hand. On the first day of school, you need to have your schedule of classes. And if you've been diagnosed with bipolar disorder or suspect you may have it, then it's even more important to have a guidebook within reach. Facing Bipolar will help you navigate the world of medications, therapists, and the up-and-down mood cycles common to the disorder. It clearly explains what bipolar disorder is and provides sound guidance for developing the necessary coping skills to manage its impact on your life. In this book you'll discover: How therapy and medications can help When and how to tell your friends, roommates, and teachers The four key factors that will bring more stability to your life How to develop a support network and access college resources Ways to overcome the challenges in accepting this illness