



The Everything Health Guide to Adult Bipolar Disorder: A Reassuring Guide for Patients and Families

By Dean A. Haycock

Adams Media. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.1in. x 7.9in. x 0.8in. Expert help for dealing with this complex diagnosis! If you or a loved one has been diagnosed with bipolar disorder, it can be confusing and overwhelming. What are the most effective treatments? Will therapy help? When will life return to normal? With *The Everything Health Guide to Adult Bipolar Disorder, 3rd Edition*, you can take charge and manage your condition, or learn the best ways to support your friend or family member. Author Dean A. Haycock, PhD, provides supportive advice on: Treatments, including alternative and nontraditional approaches; Making the best lifestyle choices for you; Dealing with mania and depression and how to stay in control; Telling others you have bipolar disorder; Recent changes in diagnostic criteria, and how they can affect you; Finding support for yourself and your loved ones. In this completely revised and updated edition, you'll find answers to all your questions--and the support you need to face this challenging condition. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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